MC32F605TCT

Microwave Oven

Owner's Instructions & Cooking Guide

imagine the possibilities

Thank you for purchasing this Samsung product.

Please be advised that the Samsung warranty does NOT cover service calls to explain product operation, correct improper installation, or perform normal cleaning or maintenance.

SAMSUNG

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safety information

USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contains valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

LEGEND FOR SYMBOLS AND ICONS

WARNING	Hazards or unsafe practices that may result in **severe personal injury or death**.
CAUTION	Hazards or unsafe practices that may result in **minor personal injury or property damage**.

Warning; Fire hazard	Warning; Hot surface
Warning; Electricity	Warning; Explosive material
Do NOT attempt.	Do NOT touch.
Do NOT disassemble.	Follow directions explicitly.
Unplug the power plug from the wall socket.	Make sure the machine is grounded to prevent electric shock.
Call the service center for help.	Note
Important	

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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Make sure that these safety precautions are obeyed at all times.

Before using the oven, confirm that the following instructions are followed.

⚠ WARNING (Microwave function only)
WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
This appliance is intended to be used in household only.

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
WARNING: This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
Only use utensils that are suitable for use in microwave ovens.
When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

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★	The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
⇄	If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
★	**WARNING:** Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
★	**WARNING:** The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
⊘	Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
★	The oven should be cleaned regularly and any food deposits removed.

☛	Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
⊘	The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.
★	This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
★	Children should be supervised to ensure that they do not play with the appliance.
✆	If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
⊘	**WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.

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	The appliance should not be cleaned with a water jet.
	This oven should be positioned proper direction and height permitting easy access to cavity and control area.
	Before using the your oven first time, oven should be operated with the water during 10 minute and then used.
	If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.
	The microwave oven has to be positioned so that plug is accessible.
	The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet.

⚠ WARNING
(Oven function only) - Optional

	WARNING: When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
	During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
	WARNING: Accessible parts may become hot during use. Young children should be kept away.
	A steam cleaner is not to be used.
	WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
	WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.
	The temperature of accessible surfaces may be high when the appliance is operating.
	The door or the outer surface may get hot when the appliance is operating.
	Keep the appliance and its cord out of reach of children less than 8 years.

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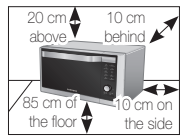
★	This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
⦸	Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
⦸	Appliances are not intended to be operated by means of an external timer or separate remote-control system.

INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safety bear the weight of the oven.

1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.



2. Remove all packing materials inside the oven.

3. Install the roller ring and turntable. Check that the turntable rotates freely. (Turntable type model only)

4. This microwave oven has to be positioned so that plug is accessible.

- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
  For your personal safety, plug the cable into a proper AC earthed socket.

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- Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings (Turntable type model only)

- **ALWAYS** ensure that the door seals are clean and the door closes properly.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces of oven with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice in the oven and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

- **DO NOT** spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:
  - Accumulate
  - Prevent the door from closing correctly
- **Clean** the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

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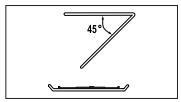
When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45 ° and clean it. (Swing heater model only)



STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.
The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair.

- **NEVER** remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:
  - Unplug it from the wall socket
  - Contact the nearest after-sales service centre

- If you wish to store your oven away temporarily, choose a dry, dustfree place. **Reason :** Dust and damp may adversely affect the working parts in the oven.
- This microwave oven is not intended for commercial use.
- The Light bulb should not be replaced in person for safety reasons. Please contact nearest authorised Samsung customer care centre to arrange for a qualified engineer to replace the bulb.

⚠ WARNING					
	Only qualified staff should be allowed to modify or repair the appliance.	✓	✓	✓	✓
	Do not heat liquids and other food in sealed containers for microwave function.	✓	✓	✓	✓
	For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
	Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
	This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
	Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓

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	Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
	In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
	Do not touch the power plug with wet hands.	✓	✓	✓	✓
	Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
	Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
	Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
	Do not place the oven over a fragile object such as a sink or glass object.	✓	✓		
	Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
	Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
	Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
	Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
	Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓

	Do not pour or directly spray water onto the oven.	✓	✓		
	Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	
	Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
	Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓
	Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door.	✓	✓	✓	✓
	WARNING: Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓
	Do not put the tray or rack in water shortly after cooking because it may cause breakage or damage of the tray or rack.				✓
	Do not operate the microwave oven for deep fat frying because the oil temperature cannot be controlled. This could result in a sudden boil over of the hot liquid.	✓			✓

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⚠ CAUTION					
	Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
	Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
	Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
	Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
	Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
	Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	
	Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	
	Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
	Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
	Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
	Install the oven in compliance with the clearances stated in this manual. (See installing your microwave oven.)	✓		✓	
	Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY. (MICROWAVE FUNCTION ONLY)

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:
   (1) door (bent)
   (2) door hinges (broken or loose)
   (3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

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Samsung will charge a repair fee for replacing an accessory or repairing a cosmetic defect if the damage to the unit and/or damage to or loss of the accessory was caused by the customer. Items this stipulation covers include:

(a) A Dented, Scratched, or Broken Door, Handle, Out-Panel, or Control Panel.

(b) A Broken or missing Tray, Guide Roller, Coupler, or Wire Rack.

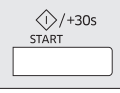
- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

quick look-up guide

If you want to cook some food.

	1. Place the food in the oven. Press the **Microwave** button.
	2. Press the **Microwave** button until the appropriate power level is displayed.
	3. Select the cooking time by turning the **Dial knob** as required.
	4. Press the **START/+30s** button. **Result:** Cooking starts. • When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

If you want to add an extra 30 seconds.

	Leave the food in the oven. Press the **START/+30s** button one or more times for each extra 30 seconds that you wish to add.

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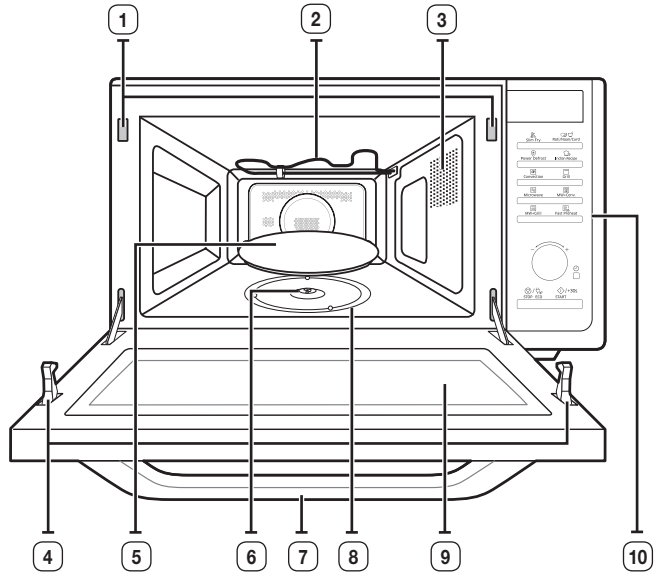
If you want to defrost some food.

Power Defrost	**1.** Place the frozen food in the oven. Press the **Power Defrost** button.
Power Defrost	**2.** Select the food category by pressing the **Power Defrost** button, until the desired food category is selected.
	3. Select the weight by turning the **Dial knob** as required.
/+30s START	**4.** Press the **START/+30s** button. **Result:** Defrosting starts. • When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.

oven features

OVEN



1. SAFETY INTERLOCK HOLES
2. HEATING ELEMENT
3. VENTILATION HOLES
4. DOOR LATCHES
5. TURNTABLE
6. COUPLER
7. DOOR HANDLE
8. ROLLER RING
9. DOOR
10. CONTROL PANEL

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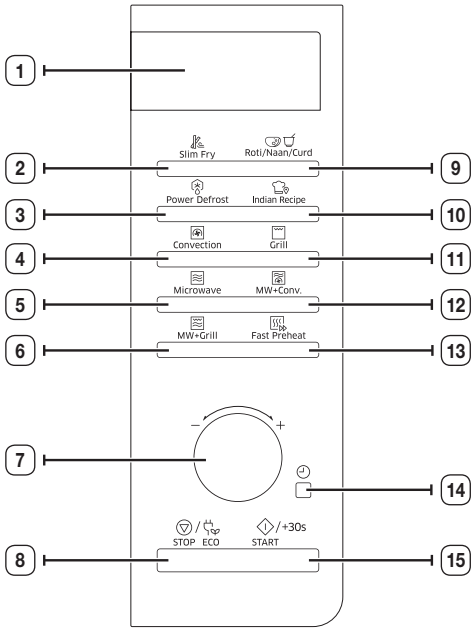
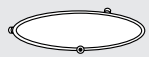
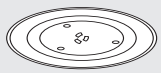
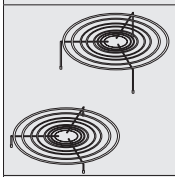
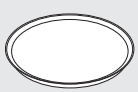
CONTROL PANEL



1. DISPLAY
2. SLIM FRY BUTTON
3. POWER DEFROST BUTTON
4. CONVECTION BUTTON
5. MICROWAVE BUTTON
6. MICROWAVE+GRILL BUTTON
7. DIAL KNOB (WEIGHT/SERVING/TIME)
8. STOP/ECO BUTTON
9. ROTI/NAAN/CURD BUTTON
10. AUTO INDIAN RECIPE BUTTON
11. GRILL BUTTON
12. MICROWAVE+CONVECTION BUTTON
13. FAST PREHEAT BUTTON
14. CLOCK SETTING BUTTON
15. START/+30s BUTTON

ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

	1. **Roller ring,** to be placed in the center of the oven. **Purpose:** The roller ring supports the turntable.
	2. **Turntable**, to be placed on the roller ring with the center fitting on to the coupler. **Purpose:** The turntable serves as the main cooking surface; it can be easily removed for cleaning.
	3. **High rack, Low rack**, to be placed on the turntable. **Purpose:** The metal racks can be used to cook two dishes at the same time. A small dish may be placed on the turntable and a second dish on the rack. **The metal racks can be used in grill, convection and combination cooking.**
	4. **Crusty plate**, to be placed on the turntable. **Purpose:** The crusty plate is used to brown bottom of food by using the microwave or grill combination cooking modes and to keep pastry and pizza dough crispy.

DO NOT operate the microwave oven without the roller ring and turntable.

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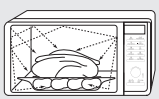
HOW A MICROWAVE OVEN WORKS

Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.
You can use your microwave oven to:

- Defrost
- Reheat
- Cook

Cooking Principle.



1. The microwaves generated by the magnetron reflected at cavity and are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.
2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.
3. Cooking times vary according to the container used and the properties of the food:
   - Quantity and density
   - Water content
   - Initial temperature (refrigerated or not)

As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre
- The same temperature throughout the food.

CHECKING THAT YOUR OVEN IS OPERATING CORRECTLY

The following simple procedure enables you to check that your oven is working correctly at all times. If you are in doubt, refer to the section entitled “Troubleshooting” on the page 74.
Open the oven door by pulling the handle on the upper side of the door.
Place a glass of water on the turntable. Close the door.

Press the **START/+30s** button and set the time to 4 or 5 minutes, by pressing the **START/+30s** button the appropriate number of times.

Result: The oven heats the water for 4 or 5 minutes. The water should then be boiling.

The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum (100 % - 900 W) is used, the water takes longer to boil.

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SETTING THE TIME

Your microwave oven has an inbuilt clock. When power is supplied, ":0", "88:88" or "12:00" is automatically displayed on the display.
Please set the current time. The time can be displayed in either the 24-hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

	1. To display the time in the... 24-hour notation. 12-hour notation. Then press the **Clock** button once or twice.
	2. Turn the **Dial knob** to set the hour.
	3. Press the **Clock** button.
	4. Turn the **Dial knob** to set the minute.
	5. When the right time is displayed, press the **Clock** button to start the clock. **Result:** The time is displayed whenever you are not using the microwave oven.

Do not forget to reset the clock when you switch to and from summer and winter time.

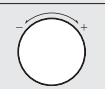
COOKING/REHEATING

The following procedure explains how to cook or reheat food.

ALWAYS check your cooking settings before leaving the oven unattended.

Open the door. Place the food in the centre of the turntable. Close the door.

Never switch the microwave oven on when it is empty.

	1. Press the **Microwave** button. **Result:** The following indications are displayed: (microwave mode)
	2. Select the appropriate power level by pressing the **Microwave** button again until the corresponding output power is displayed. Refer to the power level table on the following page for further details.
	**3.** Set the cooking time by turning the **Dial knob**. **Result:** The cooking time is displayed.
	4. Press the **START/+30s** button. **Result:** The oven light comes on and the turntable starts rotating. Cooking starts and when it has finished: • The oven beep and flash "0" four times. The oven will then beep one time per minute.

If you would like to know the current Power Level of the oven cavity, press the **Microwave** button once. If you would like to change the power level during cooking, press the **Microwave** button twice or more times to select the desired power level.

Quick Start:

If you wish to heat a dish for a short period of time at maximum power (900 W), you can also simply press the **START/+30s** button once for each 30 seconds of cooking time. The oven starts immediately.

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POWER LEVELS AND TIME VARIATIONS

The power level function enables you to adapt the amount of energy dissipated and thus the time required to cook or reheat your food, according to its type and quantity. You can choose between six power levels.

Power level	Percentage	Output
HIGH	100 %	900 W
MEDIUM HIGH	67 %	600 W
MEDIUM	50 %	450 W
MEDIUM LOW	33 %	300 W
DEFROST	20 %	180 W
LOW	11 %	100 W

The cooking times given in recipes and in this booklet correspond to the specific power level indicated.

If you select a...	Then the cooking time must be...
Higher power level	Decreased
Lower power level	Increased

ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the **START/+30s** button once for each 30 seconds to be added.

- Check how cooking is progressing at any time simply by opening the door.
- Increase the remaining cooking time.

	To increase the cooking time of your food, press the **START/+30s** button once for each 30 seconds that you wish to add. • Example: To add three minutes, press the **START/+30s** button six times.
	You can also increase/decrease the cooking time by turning the **Dial knob**. • To increase cooking time turn the dial knob to right. • To decrease cooking time turn the dial knob to left.

STOPPING THE COOKING

You can stop cooking at any time so that you can:

- Check the food
- Turn the food over or stir it
- Leave it to stand

To stop the cooking...	Then...
Temporarily	Temporarily : Open the door or press the **STOP/ECO** button once. **Result:** Cooking stops. To resume cooking, close the door again and press the **START/+30s** button.
Completely	Completely : Press the **STOP/ECO** button once. **Result:** Cooking stops. If you wish to cancel the cooking settings, press the **STOP/ECO** button again.

SETTING THE ENERGY SAVE MODE

The oven has an energy save mode. This facility saves electricity when the oven is not in use. Normal condition is standby mode and show clock when not using.

	• Press the **STOP/ECO** button. **Result :** Display off. • To remove energy save mode, open the door or press the **STOP/ECO** button and then display shows current time. The oven is ready for use.

Auto energy saving function

If you do not select any function when appliance is in the middle of setting or operating with temporary stop condition, function is canceled and clock will be displayed after 25 minutes.

Oven Lamp will be turned off after 5 minutes with door open condition.

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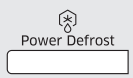
USING THE POWER DEFROST FEATURES

The Power Defrost features enables you to defrost meat, poultry, fish, bread, cake and fruit. The defrost time and power level are set automatically. You simply select the programme and the weight.

Use only containers that are microwave-safe.

Open the door. Place the frozen food on a ceramic in the centre of the turntable. Close the door.

	1. Press the **Power Defrost** button.
	**2.** Select the type of food that you are cooking by pressing the **Power Defrost** button. Refer to the table on the following page for a description of the various preprogrammed settings.
	3. Select the weight of food by turning the **Dial knob**.
	4. Press the **START/+30s** button. **Result:** • Defrosting begins. • The oven beeps through defrosting to remind you to turn the food over.
	5. Press the **STOP/ECO** button to finish defrosting. **Result:** When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.

You can also defrost food manually. To do so, select the microwave function with power level of 180 W. Refer to the section entitled "Defrosting" on page 69-70 for further details.

The following table presents the various Power Defrost programmes, quantities and appropriate instructions. Remove all kind of package material before defrosting. Place meat, poultry and fish on a flat glass plate or on a ceramic plate, arrange bread and cake on kitchen paper.

Code/Food	Serving Size	Instructions
1 Meat	200-1500 g	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for lamb, pork, steaks, chops, minced meat. Stand for 20-90 minutes.
2 Poultry	200-1500 g	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions. Stand for 20-90 minutes.
3 Fish	200-1500 g	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets. Stand for 20-80 minutes.
4 Bread/Cake	125-1000 g	Put bread horizontally on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door.) This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping. Stand for 10-60 minutes.
5 Fruit	100-600 g	Spread fruits evenly into a flat glass dish. This programme is suitable for all kind of fruits. Stand for 5-20 minutes.

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USING THE SLIM FRY FEATURES

The 20 Slim Fry features include/provide pre-programmed cooking times.
You do not need to set either the cooking times or the power level.
You can adjust the slim fry category by press the **Slim Fry** button.

First, place the food in the center of the turntable and close the door.

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly. ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

	1. Select the type of food that you are cooking by pressing the **Slim Fry** button one or more times. (Refer to the table on the side.)
	2. Select the weight of food by turning the **Dial knob**. (11~20) • The serving size differs depending on the menu, and some menus do not provide a serving size. (1~10) • You can skip this step for a menu that does not provide a serving size. (1~10)
	3. Press the **START/+30s** button. **Result:** The food is cooked according to the preprogrammed setting selected. • When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.

The following table presents the 20 Slim Fry auto programmes for frying. It contains its quantities and appropriate ingredients. You will use less oil compared to frying with oil fryer, while you will get tasty results. Programmes are running with a combination of convection, top heater and microwave energy.

Indian Slim Fry

Code/Food	Serving Size	Ingredients
1 Samosa Pockets	4 pieces	Maida (all-purpose flour) - 1 cup, Oil - 2 tbsp., Ajwain (optional) - large pinch, Water - enough to knead the maida, Salt to taste, Oil for brushing **For the filling :** Boiled potatoes (crumbled) - 2, Boiled peas - ¼ cup, Grated ginger - ¼ tsp., Red chilli powder - 1 tsp., Coriander powder - ½ tsp., Cumin powder - a pinch, Kasuri methi - a pinch, Lemon juice - dash, Garam masala - a pinch, Chopped coriander leaves, Salt to taste
		Instructions Mix the maida with salt, oil, ghee and ajwain, combine to form a crumbly mixture. Now slowly add enough water to make pliable dough, not too soft. Divide the dough and shape into balls. Keep aside covered with moist cloth for 15-20 minutes. Now prepare the filing for the samosa by mixing all the ingredients for filling. Divide the dough into 4 equal parts and make into balls. Roll each ball into 6-inch diameter circles and cut each circle in half. Spread the paste lightly all along the edge of one semicircle. Spread potato filling in centre leaving the edges fold it into triangle shape pockets or desired shape seal the edges with a little water. Continue filling the rest of the Samosa Pockets. Now Keep the 4 Samosa Pockets on the crusty plate and brush all sides with vegetable oil. Put the crusty plate on high rack and press start. When beep, turn the side over and press start button.

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Code/Food	Serving Size	Ingredients
2 Veg. Cutlets	6 pieces	Potatoes - 2 medium (300 g), Boiled and shredded, Mixed vegetables - 2 cups (250 g) : peas, carrots, green beans, corn, Paneer - 3~4 oz (100 g), Onions - ¼ medium (75 g), Green chillies (chopped) - to taste, Cilantro (Coriander leaves), chopped - 10 sprigs, Assorted nuts (chopped) - 1 tbsp. (example: walnuts, peanuts, etc), Salt to taste, Chaat masala - 1 tsp., Dried mango powder (Amchur) - 1 tsp., Red chilli powder - ½ tsp. or to taste, Roasted cumin powder - ½ tsp., Bread crumbs for coating, Oil for brushing
	Instructions Finely chop all the Mixed Vegetables and put them in a bowl. Do the same with the Paneer and pour into a bowl. Into the bowl, add in Potatoes, Onions, Green Chillies, Cilantro, and Mixed Nuts. Mix gently but well. Add in the dry spices: Salt, Chaat Masala, Dry Mango Powder, Roasted Cumin Powder and Red Chilli Powder. Again mix well but gently. Put the bread crumbs in a plate. Make cutlets to the size desired, roll in the crumbs and coat well with the bread crumbs. Brush a little Oil on the crusty plate. Now Keep the 4 Veg Cutlets on the crusty plate and brush all sides with vegetable oil. Put the crusty plate on high rack and press start. When beep, turn the side over and press start button.	

Code/Food	Serving Size	Ingredients
3 Bread Pakoras	4 pieces	Bread slices - 4, Salt to taste, Green chilli (chopped) - 1, Coriander powder - ¼ tsp., Red chilli powder - ¼ tsp., Roasted cumin powder - ½ tsp. **For the batter :** Gram flour (besan) - 1 cups, Salt to taste, Red chilli powder ¼ teaspoon, Dry mango powder (amchur) - ¼ tsp., Garam masala powder - ⅛ tsp., Oil for brushing
	Instructions Mix gram flour, salt, soda bicarbonate, red chilli powder, amchur, garam masala powder in a bowl. Add sufficient water to make thick and smooth batter. Cut the slices into desired shape. Brush little Oil on the crusty plate. Dip the bread slices in the batter. Keep the 4 pieces on the crusty plate and brush all sides with vegetables oil. Put the crusty plate on high rack and press start button. When beep, turn the side over and press start button.	
4 Masala French Fries	30 to 35 pieces	Potatoes - 2, Chaat masala powder - ¾ tsp., Red chilli flakes - ½ tsp., Black pepper powder - ½ tsp., Oil to brush. Salt to taste
	Instructions Wash and peel the potatoes. Slice the potato into thin, long pieces put them in salt water. In a small bowl, prepare the masala spice mix salt, chaat masala powder, red chilli flakes & black pepper powder. Now drain the salt water and dry the potatoes using a paper towel. Grease the crusty plate with a little vegetable oil, Place fries on crusty plate and spread evenly, brush them up with oil. Put the crusty plate on high rack and press start. When beep, transfer the fries to a bowl and sprinkle spice mix evenly and serve.	

(continued)

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Code/Food	Serving Size	Ingredients
5 Mix Veg. Pakora	12 pieces	Chickpea flour - 1 cup, Salt - 1 tsp., Turmeric - ¼ tsp., Ground cumin - ½ tsp., Green chilli - ¼ tsp., Potato - 1, Onion - 1, Olive oil
	Instructions Mix the chickpea flour with the salt, green chillies and the spices. Stirring with a whisk, add 200 ml (1 cup) of water. Finely chop the Potatoes and onions. Add them to the water-chickpea batter. Brush a little oil on the crusty plate. Put one-one tbsp of batter on the crusty plate and brush them with cooking oil. Put the crusty plate on high rack and press the start button. When beep, turn the side over and press start button.	
6 Aloo Bonda Flip Overs	6 pieces	Mashed aloo (potatoes) - 2 (large boiled), Green chilies (chopped) - 1~2, Coriander leaves (finely chopped) - 1 tbsp., Gram flour - 1 cup, Salt to taste, Red chilli powder to taste, Garam masala powder - ¼ tsp., Turmeric powder - ¼ tsp., Oil for brushing
	Instructions Add salt, chili powder, garam masala, coriander, and green chilies to the mashed aloo (potatoes) and mix well. In a bowl take a cup of gram flour; add turmeric powder, little salt and chili powder to it. Add little water bit by bit and mixing with hand make a batter (neither too thick nor too loses). Make small balls of aloo (potato) mixture and flatten them to make turnovers. Brush little oil on the crusty plate. Dip each ball in the batter and keep it on the crusty plate and brush it with oil. Put the crusty plate on high rack and press start. When beep, turn the side over and press start button. Serve aloo bonda hot with chutney.	

Code/Food	Serving Size	Ingredients
7 Flat Bread Roll	4 pieces	White bread or brown bread – 5~6 slices, Potatoes - 2 (medium size), Dry pomegranate seeds - ½ tsp. or dry mango powder - ½ tsp,, Crushed black pepper - ½ tsp. or black pepper powder ¼ tsp., Red chilli powder - ¼ tsp., Green chilli - 1 (chopped), Garam masala powder - ¼ tsp., Cumin powder - ¼ tsp., Chaat masala - ½ tsp., Coriander leaves - 2 to 3 tsp. (chopped), Salt as required, Oil for brushing
	Instructions Boil the potatoes. When they are still warm, peel and mash them and keep aside. Add the pomegranate powder, crushed black pepper, red chili powder, chopped green chilies, coriander leaves, garam masala powder, cumin powder and chaat masala powder and salt. Mix the whole filling well. Make small to medium rolls of the filling depending on the size of the bread and how many you are going to use. Take a slice of bread and dampen it with water, squeeze the water from the bread. Place the filling in the center of the bread. Roll the bread and close the edges so as to get an even outer cover and to cook them evenly gently press them to make them flat. Make all bread rolls this way and keep aside. Brush little oil on the crusty plate. Now Keep the 4 bread rolls on the crusty plate and brush all sides with olive oil. Put the crusty plate on high rack and press start. When beep, turn the side over and press start button. Serve the bread rolls with tomato sauce or green chutney.	

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Code/Food	Serving Size	Ingredients
8 Paneer Pakora	10 pieces	Paneer - 150 g (10 square pieces), Gram/ besan flour - 1 cup, Red chilly powder - 1 tsp., Mango powder - ½ tsp., Roasted cumin powder - ½ tsp., Garam masala powder - ½ tsp., Oil to brush, Salt to taste
	Instructions Cut paneer into thick medium sized square shaped pieces. Sprinkle salt, red chilli and cumin powder over the paneer pieces and mix well. In a bowl, mix, gram flour, red chilli powder, mango powder, roasted cumin powder, garam masala powder and salt. Add little water and beat the mixture to form a thick & smooth batter. Brush little oil on the crusty plate. Dip the paneer pieces, into the batter and keep on the crusty plate. Brush all sides of paneer pieces with olive oil. Put the crusty plate on high rack and press start. When beep, turn the side over and press start button. Serve the paneer pakora with tomato sauce or green chutney.	
9 Mirchi Pakora	6 pieces	Besan/chickpea flour - 1½ cup, Chilli powder - ½ tsp., Turmeric powder - ½ tsp., Garam masala powder - ¼ tsp., a pinch of asafoetida mango (Amchoor) powder, Salt as required, Water, Green chilies - 6, oil, Rice flour - 1 tbsp. **For the filling :** Boiled potato - 1(medium), Salt, Red chilli powder, Chaat masala
	Instructions Add all the dry ingredients to the batter. Add little water so as to form a thick batter. Give 1 vertical slits on the green chillies and deseed them. in a small bowl mash boiled potato and add dry spices. Fill the chillies with potato filling. Brush, little oil on the crusty plate. Dip them in the batter. Evenly coat the mirch (chillies) with batter. Put the mirchi pakora on the crusty plate and brush them with oil. Put the crusty plate on high rack and press the start button. When beep, turn the side over and press start button.	

Code/Food	Serving Size	Ingredients
10 Aloo Tikki	6 pieces	Boiled, peeled and mashed potatoes - 2, Boiled and coarsely crushed green peas - ¼ cup, Finely, chopped coriander (dhania) - ⅓ tbsp., Chaat masala - ⅓ tsp., Chilli powder - ⅛ tsp., Lemon juice - ½ tsp., Salt to taste, Olive oil
	Instructions Combine all the ingredients in a bowl (except green peas) and mix well. Divide the mixture into 6 equal portions and shape each portion into a round. Fill the crushed green peas in the potato ball and make it flat. Brush little oil on the crusty plate. Keep the tikki on the crusty plate and brush both sides with olive oil. Put crusty plate on high rack and press start button. When beep, turn the side over and press start button.	

Global Slim Fry

Code/Food	Serving Size	Instructions
11 Frozen Oven Chips	300-350 g 450-500 g	Distribute frozen oven chips evenly on the crusty plate. Set plate on high rack. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over).
12 Frozen Prawns	200-250 g 300-350 g	Distribute frozen prawns (breaded) evenly on the crusty plate. Set plate on low rack.
13 Frozen Chicken Nuggets	200-250 g 350-400 g	Distribute frozen chicken nuggets evenly on the crusty plate. Set plate on low rack. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over).
14 Frozen Potato Croquettes	200-250 g 300-350 g	Distribute frozen potato croquettes evenly on the crusty plate. Set plate on low rack.

(continued)

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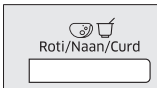
Code/Food	Serving Size	Instructions
15 Frozen Mini Spring Rolls	200-250 g 350-400 g	Distribute frozen mini spring rolls evenly on the crusty plate. Set plate on low rack.
16 Homemade French Fries	300-350 g 450-500 g	Preheat the oven up to 200 °C using the fast preheat function. Use hard to medium type of potatoes and wash them. Peel potatoes and cut into sticks with a thickness of 10x10 mm. Soak in cold water (for 30 min.). Dry them with a towel, weigh them and brush with 5 g olive oil. Distribute homemade fries evenly on the crusty plate. Set plate on low rack. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over). Stand for 1-2 minutes.
17 Potato Wedges	200-250 g 300-350 g 400-450 g	Wash normal sized potatoes and cut them into wedges. Brush with olive oil and spices. Put them with the cut side on the crusty plate. Set plate on high rack. Stand for 1-2 minutes.
18 Drumsticks	200-250 g 300-350 g 400-450 g	Preheat with the grill-function for 3-4 minutes. Weigh drumsticks and brush with oil and spices. Place them evenly on high rack. Turnover after beep sounds, oven will stop process. Press start to continue. Stand for 1-2 minutes.
19 Sliced Courgettes	100-150 g 200-250 g	Preheat with the grill-function for 3-4 minutes. Rinse and slice courgettes. Brush with 5 g olive oil and add spices. Put slices evenly on the crusty plate and set plate on high rack. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over).
20 Apple Halves	300-350 g 400-450 g	Rinse and core apples (each 150 g). Cut them into halves horizontally. Put halves with the cut side down on the crusty plate, add filling e.g. raisins or grated almonds. Put plate on low rack. After cooking serve with vanilla ice cream.

USING THE ROTI/NAAN/CURD FEATURE

The 4 Roti/Naan/Curd features provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.



1. Press the **Roti/Naan/Curd** button.

2. Select the category of food that you are cooking by pressing the **Roti/Naan/Curd** button. Refer to the table on the following page for a description of the various preprogrammed settings.

1. Roti/Naan
   1-1. Roti
   1-2. Naan
2. Curd
   2-1. Large Glass Bowl
   2-2. Clay Pots

3. Press the **START/+30s** button.

Result: Cooking starts:

- When cooking has finished, the oven will beep and flash "0" 4 times. The oven will then beep one time per minute.

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Code/Food	Serving Size	Ingredients
1-1 Roti	8 pieces	Whole wheat flour - 4 cups, Water as required for dough, Ghee - 50 g, Salt to taste
	Instructions Preheat oven and crusty plate with high rack. In a bowl add flour, salt and ghee. Kneadwith sufficient water and make smooth dough. Cover and leave for ½ hour. Divide into 8 equal balls, roll out with the help of a rolling pin and make rotis. When beep, apply a little water at one side of roti and place that side down on the crusty plate and cook. Serve hot with butter. Repeat the same process until all the naan has been prepared.	
1-2 Naan	8 pieces	All-purpose flour - 4 cups, Sugar - 1 tbsp., Hot water (but not boiling, just hot tap water) - ¼ cup, Active dry yeast - ¾ tsp., Warm milk - ¾ cup, Melted butter for brushing (may use olive oil), Fresh garlic or other herbs for topping
	Instructions Preheat oven and crusty plate with high rack. Combine the warm water with the sugar and yeast. Let sit for 10 minutes until foamy. It should smell like bread. In a bowl add the flour, warm milk and yeast mixture. Mix with a wooden spoon until dough starts to come together and then finish mixing the dough with your hands until a smooth but still sticky ball forms. Cover the dough with a damp towel or plastic wrap and let sit in a warm place for 2 to 3 hour. After 2 to 3 hours dough will be double to its size, punch the dough down and divide into eight equal balls. Using a rolling-pin, roll each piece of dough into an oval shape. The dough should be about 6-8 inches long and about ¼-inch thick, but no thinner. Repeat this method with the rest of the dough. When beep, place the dough on the hot crusty plate and cook. Take out cooked naan after 4 min. Serve hot with butter. Repeat the same process until all the naan has been prepared.	

Code/Food	Serving Size	Ingredients
2-1 Large Glass Bowl	500 ml	Milk - 500 ml, Curd starter - 150 g, large glass bowl - 1
	Instructions Mix 150 g curd with 500 ml long-life milk (room-temperature; 3.5 % fat). Pour evenly into large glass bowl. Put in a circle on turntable. After finish, keep for 45 min outside at room temperature then refrigerate it till it settles.	
2-2 Clay Pots	500 ml	Milk - 500 ml, Curd starter - 150 g, 4 small cups (made up of clay) i.e. 4 Kullar
	Instructions Distribute 150 g curd into 4 Kullar (Indian Clay pots) evenly (30 g each). Add 125 ml milk into each cup. Use long-life milk (room-temperature; 3.5 % fat). Put in a circle on turntable. After finish, keep for 45 min outside at room temperature then refrigerate it till it settles.	

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USING THE AUTO INDIAN RECIPE FEATURES

The Auto Indian Recipe features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.

	1. Press the **Indian Recipe** button.
	2. Select the type of food that you are cooking by pressing the **Indian Recipe** button. Refer to the table on the following page for a description of the various preprogrammed settings. 1~5 : Veggie Indian Recipe 6-9, 0 : Non-Veggie Indian Recipe d : Dough Proof Feature
	3. Select the type of food by turning the **Dial knob**.
	4. Press the **START/+30s** button. **Result:** The food is cooked according to the preprogrammed setting selected. • When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.

The following table presents the various Indian Recipe (Veggie) Programmes and appropriate instructions.

Use oven gloves when taking out food.

1. Soups & Snacks

Code/Food	Serving Size	Ingredients
1-1 Tomato Soup	400-500 g	Tomato - 6 ea (medium size), Garlic - 7~8 Cloves, Carrot - 1 ea (small size), Celery - 1 stalk, Onion - 1 ea (medium size), Pepper corns - 5~6, Oil - 1 tbsp, Butter - 1 tbsp, Salt & sugar as per your taste, Cream - 2 tbsp, Water - 2 cups
	Instructions	Wash all vegetables. Cut tomatoes into quarters. Peel & chop garlic. Peel & cut carrots in rounds. Chop celery, slice onion & crush pepper corns. In microwave safe glass bowl put oil onion, carrot, celery and garlic. Add 2 cups of water & cook. When beep, let it be cool and then blend in blender. Pour them in microwave safe glass bowl and add butter, tomato puree, salt and sugar. Stir well and cook. Strain and add cream and serve it hot.
1-2 Sweet Corn Soup	300-350 g	Sweet corn - 0.2 kg, Water - 1.5 cup, Oil - 1 tbsp, Corn flour - 1 tbsp, Chopped onion - 2 tbsp, Green chili - 1 ea (chopped), Salt, Sugar, Pepper corns as per your taste
	Instructions	Grind sweet corn with water (0.5 cup). Put it in microwave safe glass bowl and cook. When beep, add oil, green chili, onion, flour, water (1 cup), salt, sugar and pepper corn. Mix well and cook.

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Code/Food	Serving Size	Ingredients
1-3 Mushroom Soup	400-450 g	Potato - 1 ea, Cabbage - 50 g, Onion - 1 ea (small size), Mushroom - 100 g, Tomato sauce - 2 tbsp, Oil - 2 tbsp, Water - 2 cups, Salt, Sugar, Pepper as per taste
	Instructions Chop all vegetables. In microwave safe glass bowl put potato, cabbage, onion, 2 cups of water and cook. When beep, grind the stalk with some water and then add oil, chopped mushroom, salt, black pepper, sugar and tomato sauce. Mix well and press start. Serve hot and garnish with grated cheese.	
1-4 Spinach Soup	400-500 g	Spinach leaves - 2 cup (chopped), Butter - 1 tbsp, Milk - ½ cup, Salt, Pepper, Nutmeg powder as per your taste
	Instructions In microwave safe glass bowl put spinach leaves and some water. When beep, blend the spinach to a smooth puree in a blender. And then add butter, the milk, salt, pepper, and nutmeg powder. Mix well and press start.	
1-5 Tom Yum Soup	300-350 g	Mushroom - 6~7 (chopped), Fresh coriander leaves a few spring, Green or fresh red chili - 3~4, Lemon grass - 4 inches stalk, Lime leaves - 4~5, Salt as per your taste, Thai red curry paste - 2 tbsp, Lemon juice - 2 tbsp, Water - 4 cups
	Instructions In microwave safe glass bowl add 4 cups of water, lemon grass, lime leaves, 2 red or green chili and salt. Mix well and cook. When beep, grind the stalk with some water and then add oil, chopped mushroom and Thai red curry paste. Serve hot with Lemon juice & red or green chili.	

Code/Food	Serving Size	Ingredients
1-6 Mix Vegetable Soup	400-500 g	Carrot - 1 ea (medium size, chopped), Cauliflower - 50 g (chopped), Onion - 2 tbsp (chopped), Green peas - ¼ cup, Butter - 1 tbsp, Milk - 1 cup, Salt & pepper as per your taste, Water - 1 cup
	Instructions In microwave safe glass bowl add 1 cup of water, carrot, cauliflower and green peas. When Beep, grind the stalk with some water. Put the butter in a glass bowl. Add chopped onion, stalk, milk, salt and pepper. Mix well and press start. Serve hot.	
1-7 Cream of Lettuce Soup	400-500 g	Lettuce leaves - 2 cups, Onion – 2 ea (chopped), Milk - 2 cups, Plain flour - 2 tbsp, Butter - 2 tbsp, Salt, Sugar, Pepper as per your taste
	Instructions In microwave safe glass bowl add lettuce leaves with water and cook. When beep, grind the stalk with some water and then put the butter, plain flour, onion, puree, milk, salt, sugar and pepper. Mix well and press start. Serve hot.	
1-8 Garlic Bread	300-400 g	Bread (French) - 3 slices, Butter - 3 tbsp, Garlic - 2 tbsp, Grated cheese - 3 tbsp, Salt, Pepper, Oregano, Chili flakes as per taste.
	Instructions Pre-heat the oven 200 °C with the convection function. Mix butter, garlic, salt, pepper, oregano and make a paste. Apply this paste on both sides of the bread and sprinkle grated cheese and chili flakes. Put these breads on crusty plate on low rack. Serve hot.	

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Code/Food	Serving Size	Ingredients
1-9 Vegetable Pizza	200-250 g	Pizza Base - 100 g, Pizza toping - 3 tbsp, Mixed vegetables (Tomato, Capsicum, Onion) - 1 cup, Grated Cheese - ½ cup, Chili Flakes as per your taste, Oregano for seasoning, butter- 1 tbsp, Seasoning on veggies- salt pepper
	Instructions Pre-heat the oven 200 °C with the convection function. Spread a little butter on both side of pizza base and then add pizza toping, mixed vegetable and cheese on pizza base. Put the pizza on crusty plate on low lack. When beep, select the menu and cook. Serve with oregano and chili flakes on top.	
1-10 Dhokla	200 g	Gram flour - 200 g, Warm water - 75 ml, Curd - 3 tbsp, Green chili-ginger paste - 1 ½ tsp, Fruit salt - 1 ½ tsp, Salt, Sugar as per your taste
	Instructions Grease the microwave safe flat dish, with little oil. Mix gram flour, curd, sugar, salt, water, ginger-green chili paste, yellow color, fruit and salt together. Pour the mixture in greased dish and cook. Cut it into pieces, garnish with grated coconut and coriander and serve with sauce or chutney.	
1-11 Lazeez Paneer Toast	4 slices	Butter - 1½ tbsp, Brown or white bread - 4 slices, Garlic (5-6 Flakes, crushed and chopped) - 1 tsp, Leaves of Palak (Spinach + washed & shredded) - 100 g, Paneer - 150 g, Basil or Coriander -1 tbsp (chopped), Mozzarella cheese (grated) - 5 tbsp, Salt & Pepper - each ¼ tsp, Red chili flakes as per your taste
	Instructions Wash and shred the spinach leaves into thin ribbons. In microwave safe bowl add butter, garlic, spinach and cook with MWO 900 W for 4 min. Add grated paneer, basil, mozzarella cheese and mix well. Spread the mixer on the toast. Pre-heat the oven 200 °C with the convection function. When beep take spread bread slice on the low rack and cook.	

Code/Food	Serving Size	Ingredients
1-12 Poha	300-400 g	Poha - 0.3 kg, Oil - 3 tbsp, Onion - 1 cup (chopped), Green chili - 4 ea, Mustered, Cumin, Asafetida, Turmeric, Curry leaves for tempering, Grated Coconut & Coriander for garnishing, Salt & pepper as per taste
	Instructions In microwave safe bowl put oil mustered, cumin, green chili, onions, turmeric powder curry leaves. Mix well and cook. When beep add washed poha, salt and sugar to taste. Mix well and press start. Garnish coconut and coriander. Serve hot.	
1-13 Upama	300-400 g	Rava Suji (Semolina) - 1 cup or 100 g, Oil - 2 tbsp, Mustered - 2 tsp, Cumin - 2 tsp, Urad Dal (Black Gram) - ½ tsp, Green Chilies - 2 ea, Curry Leaves - 7~8, Water - 200 ml, salt as per your taste, Lemon Juice - 1 tsp
	Instructions In microwave safe bowl put oil, muster seeds, cumin, black gram, green chilies, curry leaves, and rava suji/semolina. Mix well and cook. When beeps add water, salt to taste, lemon juice, mix well and then press start. Garnish with coriander and bhujiya.	
1-14 Daliya	300-400 g	Daliya - 100 g, Sugar - 75 g, Milk and water - each 200 ml, Ghee - 1 tbsp, Cardamom powder, Kishmish, Cashew nuts as per your taste
	Instructions Soak Daliya in luke warm water for 20 min. Drained water. In microwave safe bowl a daliya and ghee and cook. When beep add milk, water, sugar mix well, cover it and then press start. After finish, add cardamom powder, kishmish and cashew nuts mix well.	
1-15 Chili Honey Vegetables	200 g	Mix Vegetable (Carrot, Muter, Corn, Cornflower, French Beans etc : cut small pieces) - 200 g, Honey - 2 tbsp, Salt, Lemon juice, Peper powder as per your test, Water as required
	Instructions In microwave safe bowl take vegetables and some water. When beep drain water and add honey, salt, lemon juice, peper powder mix well and then press start.	

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Code/Food	Serving Size	Ingredients
1-16 Idli	8 ea	Instant Idli Mix - 2 cups, Curd - 1 cup, Ginger Garlic Chili paste and salt as per your taste, Water as required
	Instructions Mix all the ingredients and make a batter, pour this batter to greased microwave safe idly stand and cook. Serve hot with Chutney & Sambhar.	
1-17 Steamed Vegetables	200 g	Mix Vegetable (Cauliflower, Carrot, Capsicum Muter Corn, French beans : Cut in small pieces) - 200 g, Sugar, Peper powder, Salt as per your taste, Water - 3 cups
	Instructions In microwave safe glass bowl take vegetables and some water. Drain water and in another bowl take cooked vegetables, sugar, paper powder, salt. Mix well and serve hot.	
1-18 Sukhi Moong Dal	300-400 g	Moong dal - 150 g, Onion (chopped) - 2 ea, Water - 1 cup, Ginger garlic paste, salt, turmeric powder, Chili garam masala, coriander powder, cumin powder & pepper powder
	Instructions In microwave safe glass bowl take oil, onion and ginger-garlic paste and cook. When beep add moong dal and all other ingredients with water and press start.	
1-19 Vegetable Pasta	200-250 g	Pasta - 200 g, Oil - 1 tbsp, Grated Cheese - 3 tbsp, Pasta Sauce, Spring Onion, Water as per your taste, Salt as required
	Instructions In microwave safe bowl add pasta and water and cook. When beep strain Pasta and mix with all the ingredients and then press start. Serve hot.	
1-20 Chana Chat	200-250 g	Boiled Chana - 100 g, Boiled Potato - 1 ea, Ginger paste - 1 tbsp, Green chili paste - 1 tbsp, Oil - 1 tbsp, Salt, Red chili powder, Pepper, Garam masala, Chat Masala and Lemon juice as per taste, Muster seeds, Cumin and Asafetida for tempering
	Instructions In microwave safe bowl muster seeds, cumin, asafetida, oil, green chili paste and ginger paste. Mix well and press start. After finish add boiled chana, boiled potato, salt, garam masala, chat masala, lemon juice and mix well.	

2. Vegetables & Rice

Code/Food	Serving Size	Ingredients
2-1 Mutter (Peas) Paneer	400-500 g	Boiled Mutter - 100 g, Paneer - 200 g, Onions - 2 ea (paste), Tomato - 2 ea (puree), Garlic-ginger paste - 1 tsp, Oil - 2 tbsp, Red chili powder, Garam masala, Fresh Cream, Salt, Turmeric, Sugar, Kasoori methi, Coriander as per your taste, Cream - 2 tbsp
	Instructions In microwave safe bowl add oil, onions and ginger-garlic paste and cook. When beep add tomato puree, cream, salt, turmeric, sugar, boiled mutter, paneer, kasoori methi (except masala) and then press start.	
2-2 Aloo Gobi	300-400 g	Cut Potatoes - 200 g, Cut Cauliflower - 200 g, Cut Tomatoes - 100 g, Oil - 2 tbsp, Turmeric powder, Coriander powder, Red chili powder, Cumin seeds, Salt, Garam masala, Water as per your taste
	Instructions In microwave safe glass bowl take oil, potatoes, cauliflower. Mix well and cook. When beep, add tomatoes, other ingredients, water and then press start.	

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Code/Food	Serving Size	Ingredients
2-3 Karela Masala	300-400 g	Karela (Cut small Pieces) - 8/10, Onion Grind - 2 ea, Tomato Puree - 2 ea, Ginger, Garlic Past - 2 tbsp, Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt as per your taste, Oil - 3 tbsp, Cream - ¼ cup, Water - ½ cup
	Instructions In microwave safe bowl take oil, onions and cook. When beeps, add ginger garlic paste, karela pieces and all the spices, add tomato puree, half cup water, cream with cover and then press start. Serve hot with rice.	
2-4 Aloo Methi	150-200 g	Aloo (Boiled) - 2 ea, Dry Methi - 1 cup, Green chilies - 2~3 ea, Oil - 2 tbsp, Salt, turmeric, Musters seeds, Cumin as required
	Instructions In microwave safe bowl take oil, muster, cumin, green chilies and cook. When beep, add methi leaves, turmeric, salt and mix well. Press start. After done, add boiled aloo and mix well.	
2-5 Kadhi Pakoda	400-500 g	Ghee - 2 tbsp, Gram Flour - 3 tbsp, Curd - 200 g, Water - 300 ml, Salt, Sugar, Cumin, Green Chili, Ginger, Curry Leaves as per your taste, Gram flour for Pakoda - 100 g, Red Chili powder, Turmeric, Ajwain, Salt as per your taste
	Instructions In bowl take gram flour and add salt, ajwain, red chili powder, little oil to it and make soft dough and make small ball form it. In microwave safe glass bowl add ghee, cumin, curry leave, curd, water, gram flour, sugar, salt, green chili, ginger. Mix well and cook. When beep, add kadhi mixture to prepared ball dough and then press start. Serve hot with rice.	

Code/Food	Serving Size	Ingredients
2-6 Dal Tadaka	400-500 g	Soaked Arhar Dal (Soaked for 1 hr) - 200 g, Water - 300 g, Oil - 2 tbsp, Cumin - 1 tbsp, Green Chilies - 2~3 ea, Curry Leaves - 5~6 ea, Salt, Coriander, Cumin Powder, Turmeric, Asafetida, Kasoori methi, Lemon juice as per your taste
	Instructions In microwave safe bowl take dal, water, turmeric, asafetida. Cover and cook. When beep take oil, cumin, chopped green chilies, curry leaves, salt, coriander, cumin powder, kasurimethi, lemon juice, water and then press start. Garnish with tomato.	
2-7 Lazeez Bhindi	400-500 g	Bhindi (Cut into pieces) - 400 g, Onion (Chopped) - 2 ea, Tomato (Chopped) - 2 ea, Ginger Garlic Paste - 2 tbsp, Coriander Powder, Cumin Powder, Turmeric, Red Chili Powder, Garam Masala, Salt as per your taste, Oil as required, Cream - 2 tbsp
	Instructions In microwave safe glass bowl take oil, chopped onion, ginger garlic paste and cook. When beep add powder masala, chopped tomato, bhindi, salt, cream and then press start.	
2-8 Palak Paneer	400-500 g	Palak Leaves (Spinach) (Boiled & Grinded) - 300 g, Onion (Chopped) - 2 ea, Tomato (Chopped) - 2 ea, Ginger Garlic Paste - 2 tbsp, Paneer - 150 g, Oil - 3 tbsp, Garam Masala, Coriander, Cumin Powder, Salt, Fresh Cream as per your taste
	Instructions In microwave safe glass bowl take oil, chopped onion, ginger garlic paste and cook. When beep add tomato and all the masala, palak paste, paneer and cream. Mix it well and then press start.	

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Code/Food	Serving Size	Ingredients
2-9 Mixed Masala Vegetable (South Indian Style)	400-500 g	Mix Vegetables (yam, custer beans, white ash guard, white pumpkin, red pumpkin, raw banana, carrots) - 400 g (peeled and cut), 2" pieces fresh coconut - 1 cup, Green Chili - 2~3 ea, Cumin - ½ tsp, Curry Leaves - 7~8 ea, Turmeric - ¼ tsp, Curd - ¼ cup, Coconut oil - 1 tsp, Salt and Sugar as per taste
	Instructions Make paste of coconut, green chill and cumin with little water and keep aside. In microwave safe glass bowl take all the vegetables with some water and cook. When beep take coconut oils, curry leaves, turmeric. Mix well and press start. After done add curd, paste of coconut and mix well.	
2-10 Stuffed Tomato	200-300 g	Tomato - 4 ea, Onion (Chopped) - 1 ea, Paneer - ½ cup, Coriander, Cumin Powder, Salt & Sugar as per your taste, Butter - 1 tbsp
	Instructions Cut tomatoes and scoop out the pulp to have plain tomato cups. Grate paneer then mix coriander, cumin powder and stuff the mixture with tomatoes. In microwave safe glass bowl add butter, chopped onions, tomatoes and cook.	
2-11 Sambhar	400-500 g	Arhar Dal/Red Gram - 100 g, Oil - 2 tbsp, Onion - 1 ea (Chopped), Tomato - 1 ea (Chopped), Mix vegetables (drumsticks, ghia/bottle gourd, red pumpkin, brinjal, ladies finger) - 1 cup, Mustard Seeds - 1 tsp, Asafetida - ¼ tsp, Tamarind pulp, Cumin seeds, Green chili, Sambhar masala, Salt as required
	Instructions In microwave safe glass bowl put dal, turmeric powder, onions, green chilies, tomatoes, mixed vegetables and add some water. Cover and cook. When beep, add oil, asafetida, cumin, curry leaves, red chilies, sambhar masala, tamarind pulp, salt, water and then press start.	

Code/Food	Serving Size	Ingredients
2-12 Kashmiri Aloo	300-400 g	Small Pealed Potato - 8/10, Onion Grind - 2 ea, Tomato Puree - 2 ea, Ginger, Garlic Paste - 2 tbsp, Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt as per your taste, Oil - 3 tbsp, Cream - ¼ cup, Water - ½ cup
	Instructions In microwave safe bowl take water, prick potatoes and cook. When beeps, add oil, onions, ginger-garlic paste, all other ingredients and then press start.	
2-13 Corn, Simla Mirch Rice	400-500 g	Soaked Rice 200 g, Corn 50 g, Chopped Simla Mirch - 1 ea, Oil - 2 tbsp, Black cardamom - 2 or 3, Cumin seeds - ½ tsp, Onions - 2 ea (Chopped), Green chili & salt as per your taste
	Instructions In microwave safe glass bowl take oil, black cardamom, cumin seeds, chopped onions, green chili & salt, soaked rice and cook. When beep add water and salt. Mix well and cover and then press start.	
2-14 Jeera Aloo	400-500 g	Half boiled potatoes 400 g (cut into finger chips), Cumin seeds - 1 tsp, Turmeric Power - ¼ tsp, Red Chilli Powder - 1 tsp, Oil - 2 tbsp, Salt as per your taste, Chopped Coriander Leaves - 1 tsp
	Instructions In microwave safe glass bowl take oil, cumin seeds and cook. When beep add all ingredients and then press start. Garnish chopped coriander and serve hot.	

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Code/Food	Serving Size	Ingredients
2-15 Baigan (Brinjal) Bharta	400-500 g	Bharte Ka Baigan (Brinjal) 300 g, Chopped Onion - 2 ea, Chopped tomato - 2 ea, Ginger Garlic Cloves - 3 to 4 tsp, Oil - 2 tbsp, Red Chili Powder, Cumin Powder, Salt as per your taste, Chop Coriander 2 tbsp
	Instructions Pierce garlic cloves in brinjal than Keep brinjal on high rack and grill for 20 min. When beep peel & chop the brinjal, keep aside. In microwave safe glass bowl add oil, onion, tomato, all powder masalas, salt and mix well. Select menu and cook. When beep mix chopped brinjal & mix it well. Garnish with chopped Coriander.	
2-16 Dosa Sabji	400-500 g	Boiled potato peeled & chop 300 g, Chopped Onion 2 Nos, Green chili salt, turmeric powder as per your taste, Oil 2 tbsp, Mustard Seeds, Cumin seeds, Curry leaves for tempering
	Instructions In microwave safe glass bowl take oil, mustard seeds, cumin seeds, curry leaves, green chili, turmeric powder, onion and cook. When beep mix it well and add chopped potato. Mix it well and press start. Garnish with coriander leaves.	
2-17 Aloo (Potato) Masala	450-500 g	Chopped Aloo (potato) - 300 g, Onion - 1 ea (Chopped), Tomato - 1 ea (Chopped), Ginger Garlic paste - 1 tsp, Coriander powder - 1 tsp, Cumin powder - ½ tsp, Garam Masala - ½ tsp, Oil - 2 tbsp, Red chili powder, Turmeric powder, salt as per your taste, Chopped coriander leaves, 1 cup of water
	Instructions In microwave safe glass bowl take oil, chopped onion, ginger garlic paste, chopped tomato, chopped potato. Mix well and cook. When beep, add chopped potato, powder masala, 1 cup of water, mix it well and press start. Garnish with coriander leaves.	

Code/Food	Serving Size	Ingredients
2-18 Vegetable Biryani	400-500 g	Soaked Basamati Rice 200 g, Water - 400 ml, Ghee - 2 tbsp, Cloves, Cinnamon, Black pepper, Cardamom - 2 pieces, Salt & Sugar as per your taste, Mixed vegetables (cauliflower, peas, french beans & carrot : chopped) - 1 cup
	Instructions In microwave safe glass bowl add ghee, vegetables, all masalas and soaked basamati rice, mix it well and cook. When beep, add water, salt & sugar. Cover it and press start. Serve hot.	
2-19 Khichadi	400-500 g	Soaked Rice - 100 g, Soaked Mung Dal - 50 g, Oil - 1½ tbsp, For Masalas : Coriander powder - 1 tbsp, Cumin seed powder - ½ tbsp, Water - 400 ml, For tempering : Mustered seeds, Asophotida, Green chili, Curry leaves & salt as per your taste
	Instructions In microwave safe glass bowl take oil & tempering material except salt. Add soaked rice, mung dal and cook. When beep add water and salt, mix it well, cover it and press start.	
2-20 Lemon Rice	400-500 g	Soaked Rice - 150 g, Mustard seeds - ½ tsp, Urad dal - ½ tsp, Grated ginger - 1 tsp, Roasted Daria - 1 tsp, Dry red chili – 2, Curry leaves – 7~8, Turmeric powder - ½ tsp, Lemon juice - 1 tsp, Oil - 2 tbsp, Salt as per your taste, Chopped coriander - 1 tbsp, Water - 350 ml
	Instructions In microwave safe glass bowl take oil, mustard seeds, urad dal, grated ginger, roasted daria, dry red chili, curry leaves, turmeric powder, lemon juice, salt, soaked rice and cook. When beep add water and salt, mix it well, cover it and press start. Garnish with chopped coriander & serve hot.	

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3. Sweets & Tandoori

Code/Food	Serving Size	Ingredients
3-1 Suji Halwa	200-250 g	Suji - 150 g, Ghee - 4 tbsp, Sugar - ¾ cup, Water - 3 cup, Dry Fruit, Cardamom Powder as per your test
	Instructions In microwave safe glass bowl take suji, ghee and cook. When beep, add water, sugar, dry fruit & cardamom powder, mix well and press start.	
3-2 Atta Ladoo	300-350 g	Atta - 2 cup, Ghee - 100 g, Powder Sugar - 75 g, Cardamom powder - 1 tbsp, Almonds (Chopped) - ¼ cup
	Instructions In microwave safe glass bowl add atta, ghee, mix well and cook. When beep stir well and press start. When cool and cardamom powder, sugar powder, mix well and make ladoo.	
3-3 Besan (Bengal Gram Flour) Ladoo	300-350 g	Besan (Bengal Gram flour) - 2 cups, Ghee - 100 g, Powder Sugar - 75 g, Cardamom powder - 1 tbsp, Almonds (Chopped) - ¼ cup
	Instructions In microwave safe glass bowl add besan and ghee, mix well and cook. When beep stir well and press start. When cool and cardamom powder, sugar powder, mix well and make ladoo.	
3-4 Sweet Rice	400-500 g	Soaked Basamati Rice - 200 g, Water - 400 ml, Sugar - 150 g, Lemon Juice - 1 tsp, Almand - 50 g, Resins - 50 g, Cardamom Powder - 1 tsp, Yellow colour a pinch, Ghee - 2 tbsp, Saffron - ¼ tsp
	Instructions In microwave safe glass bowl take ghee, soaked basamati rice and water. Cover and cook. When beep, add sugar, lemon juice, almand, resins, cardamom powder, Yellow colour, saffron and press start. Serve hot.	

Code/Food	Serving Size	Ingredients
3-5 Gajar (Carrot) Ka Halwa	450-500 g	Grated carrot - 400 g, Milk - 100 g, Khoya - 50 g, Sugar - 100 g, Milk Powder - 50 g, Cardamom powder - 1 tsp, Almonds & resins - 2 tbsp
	Instructions In microwave safe glass bowl add grated carrot, milk, khoya, milk powder, mix it well and cook. When beep stir well and add sugar, cardamom powder, mix it well and press start. Decorate it with almonds & resins. Serve hot or cold.	
3-6 Kalakand	450-500 g	Grated paneer - 300 g, Condensed Milk - 200 g, Milk powder - 3 tbsp, Corn Flour - 1½ tbsp, Cardamom powder - 1 tsp, Almond pieces as per your taste
	Instructions In microwave safe glass bowl take grated paneer, condensed milk, milk powder, corn flour, cardamom powder, mix well and cook. When beep stir well and press start. Garnish it with almonds and when set, cut into pieces.	
3-7 Shahi Tukda	250-300 g	Bread slice - 4 ea, Condensed milk - 150 ml, Milk - 100 ml, Sugar - 4 tbsp, Almond - pista pieces - 4 tbsp, Saffron & cardamom powder - 1 tsp
	Instructions Arrange bread slice on high rack and cook. When beep turn slice and press start. After done add condensed milk, sugar, dry fruits, saffron, caradamom powder. Mix well and pour the mixture on slice. Serve hot.	
3-8 Khoya Barfi	450-500 g	Grated Khoya - 300 g, Powdered sugar - 200 g, Milk powder - 2 tbsp, Saffron - ¼ tsp, Cardamom powder - 1 tsp, Almond pieces as per your taste
	Instructions In microwave safe glass bowl take grated khoya, powdered sugar, milk powder, saffron & cardamom powder, Mix well and cook. When beep stir well and press start. Garnish it with almonds and when set, cut into pieces.	

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Code/Food	Serving Size	Ingredients
3-9 Phirani	450-500 g	Rice (soaked in 200 ml. milk for 1 hr.) - 0.3 kg, Milk - 300 ml, Sugar - 200 g, Saffron - 1 tsp, Cardamom powder - 1 tsp, Pista pieces - 1 tbsp
	Instructions Blend soaked rice with milk. Pour this microwave safe bowl and cook. When beep adds sugar, saffron, cardamom powder, mix it well & press start. Take it out, stir it. When cool, decorate with pista pieces and serve cool.	
3-10 Pongal (South Indian Sweet)	350-400 g	Soaked rice - 100 g, Soaked green gram - 50 g, Water - 500 ml, Grated Jaggery - 200 g, Ghee - 50 g, Cardamom powder - 1 tbsp, Dry fruits as per your taste
	Instructions In microwave safe glass bowl put ghee, soaked rice, green gram, water, mix it well, cover it and cook. When beep add jaggery, cardamom powder, dry fruits and press start.	
3-11 Shakkarkandi (Sweet Potato)	300-350 g	Shakkarkandi (Sweet Potato) - 200 g, lemon Juice 1 tbsp, Chaat Masala – ½ tbsp, rock salt powder – ½ tsp
	Instructions Put Shakkarkandi on high rack and cook. When beep turn it over and ccok. Peel and cut shakkarkandi into small pieces add all other ingredients and serve hot.	
3-12 Harabhara Kabab	300-400 g	Boiled Potato (mashed) - 200 g, Mix vegetable (mashed) - 100 g, Ginger garlic paste - 1 tsp, Chili paste - 1 tsp, Salt, Garam masala, Oil and bread crump's as required
	Instructions Mix all the ingredients and make cutlets in desired shape. Place cutlets on metal flat dish, keep this on high rack and cook. When beeps turn the cutlets and press start. Serve with sauce.	

Code/Food	Serving Size	Ingredients
3-13 Paneer Tikka	250-300 g	Paneer - 200 g, Marinate : Hung Curd - 4 tbsp, Ginger Garlic Paste - 1½ tbsp, Red Chili Powder, Garam Masala as per your taste, Lemon Juice - 1 tbsp, Edible Red Color - 1 pinch, Oil - 1 tbsp
	Instructions Mix all the ingredients of marinate thoroughly. Add paneer pieces and keep it for 2 hrs in a refrigerator. Keep the pieces in metal tray on high rack. Apply little oil on it and cook. When beep, turn the pieces and then press start. Serve hot with chutney.	
3-14 Aloo Tikka	400-500 g	Baby Potato (peeled) - 400 g Curd - ½ cup Ginger garlic paste - ½ tbsp, Coriander powder, cumin powder, red chili powder, kasoori methi, salt & oil as per your test
	Instructions Take peeled aloo, add curd, ginger garlic paste, other spices and salt. Mix them well and put in metal tray on high rack. Sprinkle oil and cook. When beep turn potato and press start. Serve hot.	
3-15 Tandoori Gobi	250-300 g	Gobi (Cut big flowers) - 200 g, Marinate : Hung Curd - 4 tbsp, Ginger Garlic Paste - 1½ tbsp, Red Chili Powder, Garam Masala as per your taste, Lemon Juice - 1 tbsp, Edible Red Color - 1 pinch, Oil - 1 tbsp
	Instructions Mix all the ingredients of marinate thoroughly. Add gobi pieces and keep it for 2 hrs in a refrigerator. Keep the pieces in metal tray on high rack. Apply little oil on it and cook. When beep, turn the pieces and press start. Serve hot with chutney.	
3-16 Tandoori Arbi	450-500 g	Arbi - 400 g, Curd - 1 cup, Chat Masala, Salt, Garam Masala, Ginger garlic paste, Red chili powder, Turmeric powder as per your taste, Oil and water required.
	Instructions In microwave safe glass bowl take arbi with some water. Peel the arbi and mix with all ingredients. Keep high rack in the oven & place Arbi with Masala on it and cook. When beep turn the Arbi and press start.	

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Code/Food	Serving Size	Ingredients
3-17 Tandoori Sabzi	500-550 g	Mix vegetables - Ladies finger, Dauli flower, Brinjals, Mushroom, Potato, Paneer cubes - 0.5 kg (cut into medium size pieces), Onion paste Ginger-Garlic Paste, Tomato Puree, Red Chilli Powder, Turmeric Powder, Garam Masala, Salt as per your taste, Oil - 3-4 tbsp, Coriander - For garnishing
	Instructions In microwave safe glass bowl take oil, onion paste, ginger garlic paste, vegetables, red chilli powder, turmeric powder, garam masala, chat masala, salt and tomato puree, mix well and cook. When beep, transfer this mixture to metal tray, spread evenly on tawa keep. Put metal try on high rack and press start. Serve hot with tandoori nan.	
3-18 Tandoori Aloo	250-300 g	Baby Potato - 1 cup, Cream - 1 tbsp, Dried Fenugreek leaves - ¼ tsp, Oil - 1 tbsp, Salt to taste, To be ground into a paste : Kashmiri chili - 4 ea, Garlic - 2 cloves, Ginger - 12 mm (½"), Coriander-cumin seed powder - 2 tsp
	Instructions In microwave glass bowl add the prepared paste, salt, mix it well and cook. Add potatoes, cream and kasuri methi and press start.	
3-19 Vegetable Kabab	8 Kababs	Boiled vegetables - Potato, Cauliflower, Carrot, Green peas - 0.1 kg, Water - 3 tbsp, Cornflour – 1~2 tbsp, Bread crumbs - 1 tbsp, Ginger-Garlic paste - ½ tsp, Chili paste - ½ tsp, Garam Masala - ¼ tsp, Lemon juice, salt, sugar as per your taste
	Instructions Mix boiled vegetables and strained bengal gram, ginger-garlic paste, red chili powder, garam masala, coriander-cumin powder, salt, bread crumbs, coriander leaves together. Apply little oil to your palms and shape as desired like tikki balls and roll over with corn flour. Cutlet rolls, brush with little oil. Keep metal tray on high rack place kababs on it and cook. When beep, turn kababs and press start. Serve it with chutney and salads.	

Code/Food	Serving Size	Ingredients
3-20 Stuffed Mushroom	200-250 g	Mushroom - 150 g, White sauce - 4 tbsp, Grated cheese - 2 tbsp, Salt and pepper powder as per your taste, Butter - 2 tbsp
	Instructions In microwave safe glass bowl add butter, mushrooms and cook. When beep cover the mushrooms with white sauce, sprinkle cheese, salt, pepper powder and transfer it on high rack and press start.	

4. Continental

Code/Food	Serving Size	Ingredients
4-1 Cheese Cutlet	8 ea	Potatoes - 4 ea (boiled), Cottage cheese - 200 g, Chopped coriander - 2 tbsp, Chopped green chili - 1 tsp, Chopped onion - 1 ea, Chopped cabbage - 2 tbsp, Bread crumbs - 4 tbsp, Oil for applying, Salt as per your taste
	Instructions Mash the potatoes very well, add all ingredients, mix it well and shape the cutlet as you wish. Take it in metal tray on high rack, applying oil and cook. When beep, turn the pieces and press start.	
4-2 Tomato & Basil Soup	300-400 g	Chopped tomato - 4 ea, Fresh basil leaves -20~25, Crushed peppercorns - 10~15, Chopped onion - 1 ea, Chopped garlic - 7~8, Celery sticks finely chopped - 2 tbsp, Corn flour - 2 tbsp (dissolve in 1 cup of water), Salt and Sugar as per your taste, Water - 3 cups, Olive oil - 2 tbsp
	Instructions In microwave safe glass bowl add tomato, basil leaves, onion, garlic, celery sticks and water, mix well and cook. When beep add all other ingredients, mix well and press start. Serve hot.	

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Code/Food	Serving Size	Ingredients
4-3 Vegegable Chowmain	400-450 g	Noodles - 200 g, Water - 2 cups, Mix Vegetables - 100 g, Soya Sauce, Chili Sauce, Viengar, Salt & Pepper as per your taste, Oil as required
	Instructions In microwave safe glass bowl take noodles and 2 cups water and cook. When beep, drain all the water from it & keep noodles a side. In other microwave safe glass bowl take oil & vegetables and press start. After done add all ingredients with noodles mix well & serve hot.	
4-4 Risotto Rice	450-500 g	Basmati Rice (soaked) - 150 g, Spinach (chopped) - 100 g, Butter - 3 tbsp, Chopped onion - 2 ea, Chopped Garlic - 2 tsp, Grated cheese - 3 tbsp, Salt & Pepper as per your taste, Water - 300 ml
	Instructions In microwave safe glass bowl take butter, onion, garlic and cook. When beep add spinach (chopped) soaked rice, water, salt & pepper and mix well. Cover and press start. Garnish with grated cheese and serve hot.	
4-5 Potato Dumbling	200-250 g	Boiled & Grated Potatoes - 2 ea, Grated Paneer - 2 tbsp, Chopped Spinach - ½ cup, Chopped Green Chili - 1 tsp, Maida - 2~3 tbsp, Baking Powder - 1 pinch, Nutmeg Powder - 1 pinch, Salt & Pepper as per your taste, Butter - 1 tbsp, Chopped Garlic - 1 tbsp, Pizza Sauce - ½ cup, Grated Cheese - 3 tbsp
	Instructions Mix grated potatoes, paneer, spinach, green chili, maida, baking powder, nutmeg powder, salt & pepper together and make 10-12 balls from it, place them in MWO steamer and cook. When beep, in other microwave safe bowl take butter, chopped garlic, steamed balls, cheese, pizza sauce, mix well and press start.	

Code/Food	Serving Size	Ingredients
4-6 Baked Vegetables	350-400 g	Half boiled vegetables (carrot, cauliflower, french beans - cut into small pieces, sweet corn & green peas etc.) - 300 g, Plain flour - 2 tbsp, Butter - 2 tbsp, Milk - 2 cups, Water - ½ cup, Grated cheese - 5 tbsp, Salt, sugar, pepper as per your taste
	Instructions In microwave safe glass dish take butter, vegetables, plain flour, milk, water, salt, sugar and pepper, mix well and cook. When beep mix it well & spread grated cheese on it. Keep the dish on high rack and press start. Serve hot.	
4-7 Cheese Cabbage & Corn Rice	350-400 g	Soaked rice - 1 cup, Cabbage - 50 g (chopped), Capsicum - 1 ea (chopped), corn - 50 g, Grated cheese - 100 g, chopped coriander - 2 tbsp, Water - 3 cup, Black pepper powder - ¼ tsp, Salt & Sugar as per your taste, Butter - 2 tbsp
	Instructions In microwave safe glass bowl take butter, rice, chopped cabbage, chopped capsicum, corn, black pepper powder, salt, sugar, mix well and cook. When beep add all other ingredients and press start.	
4-8 Noodles with Tomato and Cheese Sauce	400-450 g	Ribbon noodles - 250 g, Tomato sauce - ½ cup, Pizza sauce - ½ cup, Cheese sauce - 1 cup, Oil - 2 tbsp, Grated cheese - 2 tbsp, Salt, sugar & pepper as per your taste, Fresh Cream - 2 tbsp, Oregano - ½ tsp, Water - 4 cups
	Instructions In microwave safe glass bowl add noodles, oil and cook. When beep drain & keep a side. In another bowl add tomato sauce, pizza sauce, cheese sauce, fresh cream, salt, sugar & pepper, mix it well and add boiled noodles, sprinkle cheese and press start. Serve hot.	

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Code/Food	Serving Size	Ingredients
4-9 Macaroni Hot Pot	250-300 g	Shell Macaroni - 200 g, Chopped Onion - 2 ea, Chopped capsicum - 1 ea, Chopped Tomato - 2 ea, Chopped Garlic - 1 tsp, Red chili powder - ½ tsp, One small can baked beans - 200 g, Tomato ketchup - 6 tbsp, Grated cheese - 4 tbsp, Butter - 1 tbsp, Salt as per your taste, Oil - 1 tbsp, Water - 4 cups
	Instructions In microwave safe glass bowl add shell macaroni, oil, water and cook. When beep drain & keep a side. In another bowl add butter, salt, onion, capsicum, tomato, garlic cloves, chili powder, cheese, baked beans and press start. When beep add macaroni, mix it well and serve hot.	
4-10 Macaroni Supreme	300-350 g	Macaroni - 200 g, White sauce - 2 tsp, Chopped Parsley - 4 tbsp, Nutmeg powder - 1 pinch, Oregano - ½ tsp, Grated cheese - 50 g, Chopped tomato - 1 ea, Butter - 1 tbsp, Oil - 1 tbsp, Salt & pepper as per your taste
	Instructions In microwave safe glass bowl add shell macaroni, oil, water and cook. When beep drain & keep a side. In another bowl add butter, salt, nutmeg powder, oregano, parsley, white sauce, mix well. Add macaroni, cover with cheese and press start.	
4-11 Pasta	400-450 g	Penne Pasta - 200 g, Chopped onion - 2 tbsp, Chopped garlic - 2 tsp, Chopped spinach - 75 g, Cream - 1 cup, Grated cheese - 3 tbsp, Butter - 2 tbsp, Nutmeg Powder - 1 pinch, Oregano - ½ tsp, Salt & pepper as per your taste, Oil - 1 tbsp, Water - 3 cups
	Instructions In microwave safe glass bowl take pasta, water, oil and When beep drain the water & keep a side. In another bowl add butter, chopped onion, chopped garlic, spinach, cream, nutmeg powder, salt, pepper powder, oregano, mix it well and press start. After done pasta & cheese, mix it well & serve hot.	

Code/Food	Serving Size	Ingredients
4-12 Corn & Potato Baked	300-350 g	Boiled sweet corn - 100 g, Boiled Potatoes - 2 ea, Finely chopped onion - 1 ea, Finely chopped green chili - 2 ea, Grated cheese - 4 tbsp, White sauce - 1 cup, Fresh cream - 2 tbsp, Butter - 2 tbsp, Salt & Pepper as per you taste
	Instructions In microwave safe glass dish take butter, onion, green chili and cook. When beep add white sauce, chopped potatoes, sweet corn, fresh cream, salt, pepper, mix it well and sprinkle cheese. Transfer it on high rack and press start. Serve hot.	
4-13 Vegetable O' Gratin	500-550 g	Vegetables (carrot, cauliflower, peas, french beans : cut into bite size pieces) - 300 g, Oil or butter - 2 tbsp, White sauce - 1 cup, Pepper - 1 tsp, Cream - 100 g (½ cup), Water - ½ cup, some chopped celery or coriander leaves for garnishing
	Instructions In microwave safe bowl butter, mix vegetables, water and cook. When beep add all other ingredients and press start. Sprinkle chopped celery or coriander and serve hot.	
4-14 Vegetable in Thai Curry	500-600 g	For green paste : Green chillies - 6~8, Spring onions - 3 ea (chopped along with the green part), Lemon grass leaves - 4 (optional), Ginger - 2" piece, Coriander leaves - 3 tbsp, For main dish : Coconut milk - 1½ cups, Salt - 1½ tsp, A tiny piece of jaggery, Coriander powder - 1 tbsp, Cumin powder - 1 tbsp, Oil - 2 tbsp, Chopped mix vegetable (carrot, cabbage, peas) - 1 cup
	Instructions In grinder prepare green paste. Churn grated one coconut in mixer. In microwave safe glass bowl add vegetables, oil and cook. When beep add salt jaggery and coconut milk. Mix well & press start.	

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Code/Food	Serving Size	Ingredients
4-15 Vegetable Aa'la Kiev	550-600 g	Mix vegetable (cauliflower, peas, cabbage : cut into long pieces 18-20) - 350 g, French beans cut into 1 piece, Carrots - 2 (medium size, cut into 1 piece), Celery - 2 (chopped fine), Capsicums (cut into ¼" pieces) - 2, Milk - ½ cup, Maida - 2 tbsp, Pepper - 1 tsp, Mustard powder - 1 tsp, Salt - 1 tsp, Grated cheese (Amul) - 4 tbsp
	Instructions In microwave safe glass bowl mix vegetable, cauliflower, peas, carrots, celery and french beans & add 2-3 tbsp water, cover and cook. When beep add all ingredients and press start. Add grated cheese. Garnish with parsley or coriander.	
4-16 Mushroom Gratin	500-550 g	Mushrooms quartered (cut into 4 pieces each) - 200 g, Oil or butter - 2 tbsp, Maida (flour) - 2 tbsp, Salt - 1 tsp, Pepper - 1 tsp, Rum or sherry (optional) - 1 tsp, Cream - 100 g (½ cup), Water - ½ cup, Some chopped celery or coriander leaves for garnishing
	Instructions In microwave safe plate butter, maida and cook. When beep add all other ingredients, mix well and press start. Sprinkle chopped celery or coriander and serve hot.	
4-17 Cheese Straw	200 g	Refined flour - 100 g, Grated cheese - 25 g, Butter-50 g, Cold water as required, Pepper powder - ¼ tsp, Baking powder - ⅛ tsp, Chili powder - ½ tsp, Salt - ¼ tsp
	Instructions Pre-heat the oven 180 °C with the convection function. Sieve refined flour, pepper powder, baking powder, chili powder, salt. In a bowl maida, butter, cheese & rub it with finger chips till it resembles bread crumbs. Add little cold water to make a soft dough. Roll it in ½ cm. roti and cut thin strips, twist them & put on the baking tray. Put them on low rack. When beep, select menu and cook.	

Code/Food	Serving Size	Ingredients
4-18 Almond Muffins	350 g	Refined flour - 115 g, Margarine - 85 g, Egg - 2 ea, Baking Powder - 115 g, Milk - 50 ml, Almond essence - ¼ tsp, Crushed almond & walnut - 4 tbsp
	Instructions Pre-heat the oven 180 °C with the convection function. Cream margarine and sugar until light and fluffy. Blend in beaten egg and sieve together flour and baking powder. Add alternately and mixing well after each addition, add crushed almond, walnut, almond essence. Put into greased muffin trays and put them on low rack. When beep, select menu and cook.	
4-19 Orange Muffins	12 ea	Refined flour - 115 g, Margarine - 85 g, Egg - 2 ea, Orange Juice - 50 ml, Baking Powder - 115 g, Milk - 50 ml, Orange rind (Chopped finely) - 1 tsp
	Instructions Pre-heat the oven 200 °C with the convection function. Cream margarine and sugar until light and fluffy. Blend in beaten egg and orange rind. Sieve together flour and baking powder. Add alternately and orange juice mixing well after each addition. Put into greased muffin trays and put them on low rack. When beep, select menu and cook.	
4-20 Pasta in Pesto Sauce	400-450 g	Fussily Pasta - 200 g, Oil - 1 tbsp, Cream - 1 cup, Grated cheese - 3 tbsp, Butter - 2 tbsp, Oregano - ½ tsp, Salt & pepper as per your taste, Olive Oil - 1 tbsp, Pesto Sauce - 4 tbsp, Water - 3 cups
	Instructions In microwave safe glass bowl take Pasta with water, oil and cook. When beep drain the water & keep a side. In another bowl add butter, olive oil, pasta, cream, salt, pepper powder, oregano, cheese, pesto sauce. Mix it well & press start. Serve hot.	

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5. Cake & Confectionery

Code/Food	Serving Size	Ingredients
5-1 Butter Sponge	450-500 g	Refined flour - 120 g, Margarine - 90 g, Egg - 2 ea, Powder Sugar - 120 g, Baking Powder - 1 tsp, Milk as required, Vanilla essence - ¼ tsp
	Instructions Pre-heat the oven 200 °C with the convection function. Grease and dust 8" cake tin. Sieve flour with baking powder thrice. Cream margarine and powdered sugar until light and fluffy. Beat egg and add to the creamed mixture little by little beating thoroughly between each addition. Fold in the shifted flour a little at a time. Adjust consistency of the batter with milk to get a dropping consistency. Put it into low rack. When beep, select menu and cook.	
5-2 Mawa Cake	400-450 g	Refined flour - 85 g, Margarine - 70 g, Egg - 2 ea, Powder Sugar - 100 g, Baking Powder - ¼ tsp, Mava - 30 g, Butter - 30 g, Cardamom powder - ¼ tsp, Nutmeg - ¼ tsp
	Instructions Pre-heat the oven 180 °C with the convection function. Grease and dust 7" cake tin. Sieve flour with baking powder. Cream margarine, butter and powdered sugar until light and fluffy. Beat egg and add grated mava mixing will be between each addition. Fold in floursifted with baking powder & spice. Check consistency & pour into greased & lined 7" mould. Put it into low rack. When beep, select menu and cook.	
5-3 Chocolate Cake	450-500 g	Refined flour - 115 g, Margarine - 55 g, Egg - 2 ea, Powder Sugar - 85 g, Baking Powder - 1 tsp, Soda Bicarb - ½ tsp, Milk as required, Cocoa powder - 2 tbsp, Chocolate essence - 1 tsp
	Instructions Pre-heat the oven 200 °C with the convection function. Grease and dust 8" cake tin. Sieve flour with baking powder, cocoa powder & soda bicarb. Cream butter & sugar until light & fluffy. Add egg & beat in well. Add essence & fold in refined flour with sufficient milk to make a soft consistency. Pour in a greased & lined cake tin. Put it into low rack. When beep, select menu and cook.	

Code/Food	Serving Size	Ingredients
5-4 Date & Walnut Cake	450-500 g	Refined flour - 115 g, Margarine - 90 g, Egg - 2 ea, Powder Sugar - 115 g, Baking Powder - ½ tsp, Soda Bicarb - ¼ tsp, Seedless Date - 100 g, Walnut - 50 g, Milk as required, Vanilla essence - ½ tsp
	Instructions Pre-heat the oven 180 °C with the convection function. Grease and dust 8" cake tin, Sieve flour with baking powder & soda bicarb. Cream butter & sugar until light & fluffy. Add egg & beat in well. Add essence. Fold in the flour alternating with chopped dates & walnut. Adjust consistency with milk. Put it in greased & lined cake tin. Put it into low rack. When beep, select menu and cook.	
5-5 Banana Bread	450 g	Refined flour - 225 g, Margarine - 125 g, Egg - 2 ea, Powder Sugar - 200 g, Baking Powder - ½ tsp, Soda Bicarb - 1 tsp, Riped Banana - 3 ea, Walnut - 50 g, Milk as required, Vanilla essence - 1 tsp
	Instructions Pre-heat the oven 180 °C with the convection function. Grease and dust 10" cake tin, Sieve flour with baking powder & soda bicarb. Cream butter & sugar until light & fluffy. Beat egg separately. Add gradually to creamed mixture, beating well all the time. Add mashed banana with 1 table spoon of flour. Mix well. Fold in flour. Add chopped walnuts. Pour into a greased loaf tin. Put it into low rack. When beep, select menu and cook.	

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Code/Food	Serving Size	Ingredients
5-6 Victoria Sponge Cake	450-500 g	Refined flour - 170 g, Margarine - 170 g, Egg - 3 ea, Powder Sugar - 170 g, Baking Powder - 1½ tsp, Milk - ½ cup, Vanilla essence - 1 tsp
	Instructions Pre-heat the oven 200 °C with the convection function. Grease and dust 9" cake tin, Sieve flour with baking powder. Cream butter & sugar until light & fluffy. When the mixture is light & creamy, add the egg, one at a time, beating each time thoroughly. If the mixture curdles while adding the egg, add a little flour before adding the next egg. Finally fold the flour & add the milk until the mixture forms a dropping consistency. Add the vanilla essence. Mix well. Pour the mixture into the prepared tin. Put it into low rack. When beep, select menu and cook.	
5-7 Brownie	400-450 g	Refined flour - 100 g, Butter - 75 g, Egg - 2 ea, Chopped Almonds - 3 tbsp, Powder Sugar - 80 g, Baking Powder - 1 tsp, Milk - ¼ cup, Chocolate essence - 1 tsp, Cocoa powder - 2 tbsp, Water - ½ cup
	Instructions Pre-heat the oven 200 °C with the convection function. Grease and dust 8" cake tin. Sieve flour with baking powder. Mix cocoa powder with half cup of hot water. In a bowl add powder sugar & butter & beat well. Add egg & essence & again beat well. Add almonds to Refined flour, mix well, add maida mix with butter mixture. Add cocoa solution to it & again mix well. For spoon dropping consistency add milk. Pour the mixture in a greased tin. Put it into low rack. When beep, select menu and cook.	

Code/Food	Serving Size	Ingredients
5-8 Swiss Roll	200-250 g	Refined flour - 80 g, Condensed Milk - 100 g, Butter - 50 g, Soda Bicarb - ⅛ tsp, Baking Powder - ½ tsp, Milk - ½ cup, Vanilla essence - ½ tsp, Mix Fruit Jam - 2 tbsp
	Instructions Pre-heat the oven 200 °C with the convection function. Grease and dust Square cake tin of 8", Sieve flour with baking powder & Soda. In a bowl add condensed milk & butter, beat well, add refined flour, essence & for spoon dropping consistency. Place the butter paper at the bottom of the tray & pour the batter on it. Put it into low rack. When beep, select menu and cook. Remove this cake on another butter paper & spread mix fruit jam over it. Roll it & cut slices.	
5-9 Marble Cake	450-500 g	Refined flour - 150 g, Condensed Milk - 200 g, Butter - 100 g, Soda Bicarb - ½ tsp, Baking Powder - 1 tsp, Vanilla essence - 1 tsp, Cocoa Powder - 2 tbsp, Milk or water as required
	Instructions Pre-heat the oven 200 °C with the convection function. Sieve refined flour, baking powder & soda. In a bowl add condensed milk & butter & beat well. Add refind flour, essence & mix. For spoon dropping consistency add milk or water. Divide the mixture in two parts. Add cocoa powder in one part. Put the plain batter & cocoa batter alternately in the tin. Run a spoon through the batter only once. Put it into low rack. When beep, select menu and cook.	
5-10 Coconut Toffee	300-350 g	Condensed Milk - 200 g, Fresh grated coconut - 1 cup, Chopped walnut - 100 g, Ghee - 2 tbsp
	Instructions In microwave safe glass bowl, mix the condensed milk, coconut and coo. When beep, add ghee and press start. After done add the chopped walnuts & mix well. Spread the mixture on a well greased tin. Press & level by pressing with a wet cloth. After 5 min. mark into small pieces. Remove when cold.	

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Code/Food	Serving Size	Ingredients
5-11 German Biscuits	400-450 g	Refined flour - 170 g, Butter - 115 g, Powder sugar - 60 g, Cashew nut powder - 60 g, Almond essence - ¼ tsp
	Instructions Pre-heat the oven 180 °C with the convection function. Sieve the flour, cream butter & sugar very well until light & creamy. Add the Almond essence & beat. Add cashew nut & sieved refined flour & mix well. The mixture will form into a dough. Roll into sticks & shape into a circle. Arrange this on baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.	
5-12 Coconut Cookies	200-250 g	Refined flour - 85 g, Margarine or butter - 55 g, Desiccated coconut - 40 g, Powder sugar - 55 g, Water - 2 tsp
	Instructions Pre-heat the oven 180 °C with the convection function. Cream the margarine & sugar very well until light & creamy. Add 2 tsp of water. Sieve the flour & add to the creamy mixture. Add the desiccated coconut & mix well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook.	
5-13 Cumin Biscuits	200 g	Refined flour - 120 g, Powder sugar - 1 tbsp, Butter - 50 g, Cumin & ajwain powder - 1 tsp each, Soda bi carb - 1 pinch, Baking powder - ¼ tsp, Water as required
	Instructions Pre-heat the oven 180 °C with the convection function. Sieve refined flour, baking powder & soda bi carb in a bowl, add powder sugar & butter & beep well. Add refined flour, cumin & ajwain powder & little water, make a soft dough. Roll a thick roti & cut cookies with the cutter. Prick with a fork. Arrange in a metal tray on low rack. When beep, select menu and cook.	

Code/Food	Serving Size	Ingredients
5-14 Chocolate Cookies	200-225 g	Refined flour - 115 g, Margarine or butter - 60 g, Powder sugar - 60 g, Vanilla essence - ½ tsp, Baking powder - ½ tsp, Cocoa powder - 1 tbsp, Golden syrup - 1 tbsp
	Instructions Pre-heat the oven 160 °C with the convection function. Sieve the flour with cocoa & baking powder together. Cream the margarine & sugar very well until light & creamy. Add the vanilla essence & golden syrup & beat very well. Add the flour to the mixture & mix it well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook.	
5-15 Jam Biscuits	200-250 g	Refined flour - 115 g, Margarine or butter - 60 g, Powder sugar - 60 g, Vanilla essence - ½ tsp, Cornflour - 25 g, Salt - 1 pinch, Milk as required, Jam
	Instructions Pre-heat the oven 160 °C with the convection function. Sieve the flour, salt & cornflour together. Rub in the margarine with finger tips. Add the sugar & mix well. Add just enough milk to make a dough. Roll out the dough into about 6 mm (¼") thickness. Cut with a round biscuit cutter. In every alternate biscuit, make a hole in the centre with about 12 mm (½") nozzle. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the buscuits. Make pairs of one biscuit with hole and one without and sandwich with jam.	
5-16 Melting Moments	200-250 g	Refined flour - 85 g, Margarine or butter - 85 g, Powder sugar - 100 g, Vanilla essence - ½ tsp, Cornflour - 25 g, Milk as required
	Instructions Pre-heat the oven 180 °C with the convection function. Sieve the flour & cornflour together. Cream the margarine & sugar very well until light & creamy. Add the flour. If required, add a few drops of milk. Mix very well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.	

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Code/Food	Serving Size	Ingredients
5-17 Shrewsbery Biscuits	400-450 g	Refined flour - 225 g, Margarine or butter - 100 g, Powder sugar - 85 g, Lemon essence - ¼ tsp, Egg - 1 ea, Milk as required
	Instructions Pre-heat the oven 180 °C with the convection function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the egg & mix it well. Add the sieved flour. If required add a little milk to make a dough. Knead until smooth. Roll out thinly. Prick all over with a fork. Stamp into round. Place the biscuits on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.	
5-18 Almond - Pistachio Cookies	250-300 g	Refined flour - 115 g, Margarine or butter - 50 g, Powder sugar - 50 g, Cardamom powder - ¼ tsp, Nutmeg powder - ¼ tsp, Chopped almond - 1 tbsp, Chopped Pistachio - 1 tbsp, Little saffron, Milk as required
	Instructions Pre-heat the oven 180 °C with the convection function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the saffron, cardamom & nutmeg powder & mix very well. Add the sieved flour & make a dough. Roll out the dough using a little flour. Sprinkle a few nuts & give a light final roll. Cut into desired shape. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.	
5-19 Choco - Cashew Biscuits	250-300 g	Refined flour - 85 g, Margarine or butter - 85 g, Powder sugar - 85 g, Cashew nut powder - 85 g, Almond Essence - ¼ tsp, Cocoa - 1 tbsp
	Instructions Pre-heat the oven 180 °C with the convection function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the Almond essence & mix very well. Add the flour, cocoa & cashew nut mix well, chill the mixture for 10 min. Roll out & cut out with round biscuit cutter. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.	

Code/Food	Serving Size	Ingredients
5-20 Kesar Nankatai	400 g	Refined flour - 100 g, Powder sugar - 100 g, Ghee - 100 g, Semolina - 100 g, Cardamom powder - ½ tsp, Nutmeg powder - ½ tsp, Fresh curd - 1 tsp, Soda Bicarb - ¼ tsp, Saffron - ¼ tsp, Milk - 1 tsp
	Instructions Pre-heat the oven 180 °C with the convection function. Sieve the flour. Cream the ghee & sugar very well until light & creamy. Add the cardamom & nutmeg powder & cream it again. The saffron dissolve in a 1 tsp of milk. Add the curd, soda bicarb & prepared saffron. Mix well. Add the flour & semolina & knead well. Make a small round. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.	

The following table presents the various Indian Recipe (Non-Veggie) Programmes and appropriate instructions.

6. Soups & Snacks

Code/Food	Serving Size	Ingredients
6-1 Chicken Shorba	300-400 g	Boneless Chicken - 100 g, Chopped Onion - 1 (medium size), Chopped Garlic - 4~5 cloves, Oil - 1 tbsp, Cumin Seeds - ½ tsp, Water - 1 cup, Coconut Milk - 1 cup, Peppercorns - 5~6, Salt as per taste, Cream - ¼ cup, Chopped Coriander Leaves - 2 tbsp
	Instructions In microwave safe glass bowl add oil, chopped onion, garlic cloves, cumin seeds & chicken, peppercorns. Mix well and cook. When beep add all the other ingredients, mix it well and press start.	

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Code/Food	Serving Size	Ingredients
6-2 Chicken Soup	350-400 g	Boneless Chicken - 150 g, Ginger paste - 1 tsp, Garlic paste - 1 tsp, Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp, Water - 300 ml
	Instructions In microwave safe glass bowl add oil, chicken in small pieces, ginger paste, garlic paste, corn flour paste & water, mix it well and cook. Serve hot.	
6-3 Crab Soup	400-450 g	Crab - 150 g, Ginger paste - 1 tsp, Garlic paste - 1 tsp, Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp, Water - 350 ml
	Instructions In microwave safe glass bowl add oil, crab, ginger paste, garlic paste, corn flour paste & water, mix it well. Mix it well and cook. Serve hot.	
6-4 Chicken Corn Soup	450-500 g	Boneless Chicken - 100 g, Crushed Corn - 50 g, Ginger Paste - 1 tsp, Garlic Paste - 1 tsp, Salt & Pepper Powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp, Water - 300 ml
	Instructions In microwave safe glass bowl add oil, chicken in small pieces, crushed corn, ginger paste, garlic paste, corn flour paste & water, mix it well and cook. Serve hot.	
6-5 Chicken Manchow Soup	450-500 g	Boneless Chicken - 150 g, Ginger, Garlic, Green Chili - 1 tbsp (small pieces), Salt & Pepper Powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Vinegar - 1 tsp, Chili sauce - ½ tsp, Soya sauce - ½ tbsp, Oil - 2 tbsp, Water - 350 ml
	Instructions In microwave safe glass bowl add oil, chicken in small pieces, ginger, garlic, green chili pieces, corn flour paste & chili sauce, soya sauce & vinegar, water, mix it well and cook. Serve hot.	
6-6 Sea Food Soup	300-350 g	Water - 200 ml, Prawns - 100 g, Ginger, Garlic, Green Chili - 1 tbsp (small pieces), Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp
	Instructions In microwave safe glass bowl add oil, chicken in small pieces, ginger, garlic, green chili pieces, corn flour paste & water, mix it well and cook. Serve hot.	
6-7 Mutton Soup	300-350 g	Boneless Mutton - 150 g, Ginger paste - 1 tsp, Garlic Paste - 1 tsp, Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp, Water - 300 ml
	Instructions In microwave safe glass bowl add oil, mutton in small pieces, ginger paste, garlic paste, corn flour paste & water, mix it well, cook. Serve hot.	
6-8 Herb Chicken Soup	350-400 g	Boneless Chicken - 150 g, Chopped Celery - 1 tbsp, Chopped Parsley - 1 tbsp, Oregano - ½ tsp, Chopped Coriander - 1 tbsp, Ginger Paste - 1 tsp, Garlic Paste - 1 tsp, Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp, Water - 300 ml
	Instructions In microwave safe glass bowl add oil, chicken in small pieces, ginger paste, garlic paste, chopped celery, chopped parsley, oregano, chopped coriander, corn flour paste & water, mix it well and cook. Serve hot.	

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Code/Food	Serving Size	Ingredients
6-9 Tom Yum Chicken Soup	300-350 g	Chopped Boneless Chicken - 150 g, Fresh Coriander Leaves a few springs, Green or Fresh red chili - 3~4, Lemon Grass - 4 inches stalk, Lime leaves - 4~5, Salt as per your taste, Thai red curry paste - 2 tbsp, Lemon juice - 2 tbsp, Water - 350 ml
	Instructions In microwave safe glass bowl add water, boneless chicken, lemon grass, lime leaves & 2 red or green chili, salt, oil, thai red curry paste, lemon juice & cook. Serve hot.	
6-10 Chicken Chowmein Soup	400-450 g	Noodles - 200 g, Water - 2 cups, Chicken stock -1 cup, Boiled Boneless Chicken -100 g, Soya Sauce, Chili Sauce, Vinegar, Salt & Pepper as per your taste, Oil as required
	Instructions In the microwave safe glass bowl take all ingredients except noodles and cook. When beep, add noodles and press start. Serve hot.	
6-11 Chicken Pizza	200-250 g	Pizza Base - 100 g, Pizza toping - 3 tbsp, Boiled Boneless Chicken - 100 g, Grated Cheese - ½ cup, Chili Flakes as per your taste, Oregano for seasoning
	Instructions Pre-heat the oven 200 °C with the convection function. Add pizza toping, boneless chicken, cheese on pizza base. Put the pizza in low rack. When beep select menu and cook. Serve with oregano and chili flakes on top.	
6-12 Fish Peeper	350-400 g	Fish slice - 300 g, Salt, Lemon juice, Pepper powder as per your taste, Oil - 3 tbsp, Chopped Onion - 4 tbsp, Chopped Tomato - 3 tbsp, Chopped Garlic - 2 tsp, Water as required, Coriander leaves - 1 tbsp
	Instructions Marinate fish slice with salt, lemon juice & pepper powder for one hour. In microwave safe bowl put oil, chopped onion, chopped tomato, chopped garlic & cook. When beep add marinated fish, salt to taste & ¼ cup of water and press start. Garnish with chopped coriander leaves.	

Code/Food	Serving Size	Ingredients
6-13 Lemon Chicken	400-450 g	Boneless Chicken - 300 g, Lemon juice - 3 tbsp, Salt as per your taste, Honey - 3 tsp, Pepper powder - 1 tsp, Olive Oil - 2 tbsp, Corn Flour - 2 tbsp, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Chopped Coriander leaves - 1 tbsp
	Instructions Marinate chicken with pepper powder, salt, lemon juice & keep for one hour in refrigerator. In microwave safe bowl take olive oil, marinated chicken & mix it well, and cook. When beep turn the chicken, add honey, corn flour paste & press start.	
6-14 Kheema Ball	300-350 g	Boiled Chicken Kheema - 175 g, Boiled & Mashed Potato - 3 ea, Ginger, Garlic paste, Salt, Garam Masala, Coriander, Lemon juice as per your taste, Bengali Gram powder - 2 tbsp
	Instructions Mix all the ingredients together. Make balls from it. Place the balls greased microwave crusty plate with high rack and cook. When beep turn over the balls and cook, serve hot.	
6-15 Chili Chicken	300-350 g	Boneless Chicken - 250 g, Chopped Ginger - ½ tsp, Chopped Garlic - ½ tsp, Vinegar - 1 tbsp, Soya sauce - 2 tbsp, Ajinomoto - ½ tsp, Green chili - 4~5 ea (slit length ways), One medium capsicum : cut into thin strips, One small onion - cut into ½" thin strips, Onion leaves - 2~3 (cut into long strips), Sugar - 1 tsp, Salt as per your taste, Sherry - 2 tsp, Corn Flour - 2 tsp (dissolve in ½ of water), Oil - 2 tbsp
	Instructions In microwave safe glass bowl mix oil, ajinomoto, ginger-garlic, chili, soya sauce & chicken and cook. When beep add all ingredients & ¼ cup of water, mix it well, cover it & press start. Serve hot.	

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Code/Food	Serving Size	Ingredients
6-16 Ginger Chicken	300-350 g	Boneless Chicken - cut into small pieces, Soya sauce - 3 tbsp, Grated Ginger - 1 tbsp, Thinly sliced Ginger - 1 tbsp, Spring onion - 3~4 (chopped with green part), Sherry - 2 tbsp, Ajinomoto - ½ tsp, Salt as per your taste, Pepper powder - 1 tsp, Corn Flour - 2 tsp (dissolve in ½ of water), Oil - 2 tbsp
	Instructions In microwave safe glass bowl mix oil, chicken, grated ginger, sherry, spring onion & soya sauce. Mix it well & cover it & cook. When beep add salt, pepper & sliced ginger. Mix it well, add corn flour paste, ¼ cup of water, mix it well and press start. Serve hot.	
6-17 Chicken with Mushroom & Baby Corn	400-450 g	Boneless Chicken - 225 g, Sliced Mushroom - 100 g, Diagonally sliced baby corn - 100 g, Garlic Paste - 1 tsp, Ginger Paste - 1 tsp, Oil - 2 tbsp, Soya Sauce - 1 tsp, Vinegar - 1 tsp, Salt & Pepper as per your taste, Corn Flour - 2 tbsp (dissolve with half cup of water), Ajinomoto - ¼ tsp
	Instructions In microwave safe glass bowl take oil, ginger paste, garlic paste, chicken and cook. When beep add mushroom, baby corn, all other ingredients, ½ cup of water, mix it well & press start. Serve hot.	
6-18 Schezwaan Chicken	500-550 g	Boneless Chicken - 400 g, Grind red chili - 10, Oil - 3 tbsp, Garlic paste - 1 tbsp, Garlic finely - 1 tbsp (chopped), Tomato sauce - 4 tbsp, Vinegar - 1 tbsp, Red Chili Sauce - 2 tbsp, Soya Sauce -1½ tbsp, Salt & Sugar as per your taste, Corn flour - 1 tbsp, Ajinomoto - ¼ tsp, Orange color - 1 pinch
	Instructions In microwave safe glass bowl add oil, chopped garlic, grind red chili and cook. When beep add garlic paste & all other ingredients. Mix it well & press start.	

Code/Food	Serving Size	Ingredients
6-19 Sweet & Sour Chicken	400-450 g	Boneless Chicken - 200 g, Cauliflower - 50 g (cut into ½ inch pieces), Carrot - 1 (medium size, cut into round), Spring Onion - 2~3 (finely chopped), Capsicum - 1 (medium, cut into long pieces), Tomato - 1 (cut into thick sticks), Vinegar - 4 tsp, Sugar - 2 tsp, Tomato sauce - 2 tbsp, Soya sauce - 1½ tsp, Ajinomoto - ¼ tsp, Oil - 2 tbsp, Orange red color - 1 pinch, Red Chili Powder, Salt as per your taste, Corn flour - 2 tbsp (dissolve with ½ cup of water)
	Instructions In microwave safe glass bowl add oil, red chili powder, chicken and cook. When beep add carrot, spring onion, cauliflower, capsicum, tomato & all other ingredients. Mix it well & press start. Serve hot.	
6-20 Chicken Hongkong	400-450 g	Boneless Chicken - 250 g (cut into bite size pieces), Cashew nut - 15~20, Dried broken red chilies - 6, Fresh garlic - 4~5 (chopped), Sherry - 2 tbsp, Salt & Sugar as per your taste, Oil - 2 tbsp, Ajinomoto - ½ tsp, Cornflour - 2 tsp (dissolve in 1 cup of water)
	Instructions In microwave safe glass bowl add oil, ginger, soya sauce, sherry, ajinomoto, salt, sugar, chicken and cook. When beep add broken dried red chili powder, garlic, corn flour, cashew nut, all other ingredients. Mix it well and press start.	

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7. Indian Special Chicken Dishes

Code/Food	Serving Size	Ingredients
7-1 Chicken with Capsicum	450-500 g	Chicken Breast - 250 g, Chopped Spaghetti - 75 g, Chopped green, Red, Yellow capsicum - Each 1 ea, Chopped Onion - 1 ea, Chopped tomato - 2 ea, Olive oil - 4 tbsp, Salt & pepper as per your taste, Grated cheese - 2 tbsp, Water - ½ cup
	Instructions In microwave safe glass bowl add olive oil, chicken, salt and cook. When beep add all ingredients. Mix it well, add water, cover it & press start. Sprinkle grated cheese & serve hot.	
7-2 Chicken Korma	500-550 g	Chicken - 450 g, Cashew nut powder - 2 tbsp, Ginger-garlic & green chili paste - 2 tbsp, Yogurt - ½ cup, Red chili powder - 1 tsp, Coriander powder - 2 tsp, Oil - 3 tbsp, Salt - as per your taste, Fresh cream - ½ cup, Garam Masala Powder - 1 tsp, Turmeric powder - 1 tsp, Chopped Coriander leaves
	Instructions Beat yogurt with ginger-garlic & green chili paste, red chili powder, coriander powder & salt. Marinate chicken in this mixture for one hour. Take it in refrigerator. In microwave safe glass bowl take oil, marinated chicken & cook. When beep mix cashew nut paste, garam masala powder and press start. Mix it well & serve hot. Garnish it with chopped coriander leaves.	
7-3 Mirchi Chicken	400-450 g	Chicken legs - 5~6, Chopped coriander leaves - 2 tbsp, Oil - 4 tbsp, Tomato puree - 1 cup, Sugar & salt as per your taste, Onion paste - 4 tbsp, Ginger-garlic & green chili paste - 2 tbsp, Lemon juice - 2 tsp, Garam Masala - 1 tsp
	Instructions Marinate chicken with onion, ginger-garlic & green chili paste. Place it in refrigerator for 2-3 hrs. In microwave safe glass bowl add oil, marinated chicken & cook. When beep add tomato puree, salt, sugar, garam masala & press start. Garnish with coriander leaves & serve hot.	

Code/Food	Serving Size	Ingredients
7-4 Butter Chicken	500-550 g	Boneless Chicken - 400 g, Lemon juice - 1 tbsp, Kashmiri red chili powder - 1 tsp, Salt & sugar - as per your taste, Butter - 4 tbsp, Ginger-garlic paste - 2 tbsp, Garam Masala - 1 tsp, Yogurt - ½ cup, Dried fenugreek leaves - 1 tsp, Mustard oil - 2 tsp, Chopped onion paste - 1 cup, Tomato puree - ½ cup, Chopped coriander - 1 tbsp, Fresh cream - ½ cup & orange-red color - 1 pinch
	Instructions Marinate chicken with yogurt, mustard oil, lemon juice, ginger-garlic paste & place it in refrigerator for 1 hr. In microwave safe glass bowl add butter, onion paste, chicken & cook. When beep add all other ingredients, mix it well & cover it & press start. Garnish with chopped coriander.	
7-5 Chicken & Mushroom with Tomato	500-600 g	Boneless Chicken - 450 g, Chopped Mushroom - 8~10, Spring onion - 3~4, Finley chopped Garlic - 5~6, Chopped red chili - 1 tbsp, Pepper powder - ¼ tsp, Tomato puree - ½ cup, Honey - 2 tsp, Oregano - ¼ tsp, Butter - 2 tbsp, Salt as per your taste
	Instructions In microwave safe glass bowl take oil, garlic, chicken, salt and cook. When beep add mushroom, tomato puree & all other ingredients, mix it well. Cover it and press start. Sprinkle spring onion & serve hot.	
7-6 Chicken with Fenugreek	500-550 g	Chicken - 500 g (medium size pieces), Chopped fresh fenugreek - 2 cup, Coriander leaves - 2 tbsp, Garam masala powder - 1 tsp, Red chili powder - 1 tsp, Yogurt - 1 cup, Butter - 2 tbsp, For Fine Paste : Onion - 1 ea, Garlic - 4~5 cloves, Ginger - 1", Green chili - 2~3, Water - 1 cup
	Instructions In microwave safe glass bowl take butter, chicken, paste and cook. When beep add fenugreek leaves, yogurt & all other ingredients, ½ cup of water press start. Serve hot. Garnish with coriander leaves.	

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Code/Food	Serving Size	Ingredients
7-7 Chicken Jalfrazi	500-600 g	Chicken - 500 g (medium size pieces), Onion - 1 (chopped), Garlic - 4~5 flakes, Tomato Puree - 4 ea, Grated Ginger - 1 tsp, Garam Masala - 1 tsp, Cumin Powder - 1 tsp, Red Chili Powder - 1 tsp, Lemon Juice - ½ tsp, Turmeric powder - 1 tsp, Oil - 3 tbsp, Capsicum - 1 ea, Cream - 1 cup
	Instructions In microwave safe glass bowl add oil, onion, ginger, garlic, haldi, chicken and cook. When beep add capsicum & all other ingredients, all spices & lemon juice except cream. Mix well and press start. After done add cream, mix it well & serve hot.	
7-8 Chicken Jafrani	600-700 g	Chicken - 500 g (cut into long pieces), Yogurt - ½ cup, Lemon juice - 2 tbsp, Cream - ½ cup, Salt as per your taste, Garam Masala - 1 tsp, Coriander powder - 1 tsp, Cumin powder - 1 tsp, Saffron - ¼ tsp, Chopped coriander - 1 tsp for garnish
	Instructions Beat well yogurt, cream & lemon juice & add all other ingredients. Marinate chicken & put it in refrigerator for 2 hrs. In microwave safe glass bowl add marinated chicken, cover it and cook.	
7-9 Pickled Chicken	350-400 g	Boneless chicken - 250 g (cut into long & thin strips), Red chili powder - ½ tsp, Vinegar - 4 tbsp, Sugar - 1 tbsp, Soya sauce - 1 tsp, Tomato sauce - 2 tbsp, Oil - 2 tbsp, Salt & sugar as per your taste. Orange red color - 1 pinch, Corn flour - 2 tsp (dissolve with ½ cup of water)
	Instructions In microwave safe glass bowl add oil, ginger, red chili powder & chicken. Mix it well & cook. When beep add all other ingredients. Mix it well & press start. Note : Instead of chicken, fish & prawns can be used.	

Code/Food	Serving Size	Ingredients
7-10 Yogurt Chicken	500-600 g	Chicken - 500 g, Yogurt - 1 cup, Finely chopped mint leaves - 1 tbsp, Corn flour - 1 tbsp (mix in 2 tbsp water), Oil - 2 tbsp, Chopped onion - 1 ea, Chopped green chili - 2~3, Chopped ginger - 1 tbsp, Garam Masala - 1 tsp, Dried fenugreek leaves - 1 tsp, Salt as per your taste, Chopped coriander - 1 tbsp
	Instructions In microwave safe glass bowl add oil, onion, green chili, ginger & chicken, mix it well & cook. When beep add all other ingredients, ½ cup of water. Cover it and press start. Sprinkle chopped mint & coriander leaves. Serve hot.	
7-11 Chicken Makhani	600-700 g	Chicken - 600 g (cut into pieces of your choice), Chopped onion - 1 ea, Ginger paste - 1 tsp, Garlic paste - 1 tsp, Tomato puree - ½ cup, Garam Masala - 1 tsp, Coriander powder - 1 tsp, Cumin powder - 1 tsp, Chili powder - 1 tsp, Turmeric powder - 1 tsp, Dried Fenugreek leaves - 1 tsp, Cashew nut powder - 4 tbsp, Cream - ½ cup, Oil - 4 tbsp, Orange-red colour - 1 pinch, Chopped coriander leaves
	Instructions In microwave safe glass bowl take oil, ginger-garlic paste, onion, turmeric, chili powder, chicken and cook. When beep add all other ingredients, 1 cup of water. Cover it and press start. Garnish with coriander leaves.	

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Code/Food	Serving Size	Ingredients
7-12 Chicken Dil Bahar	600-700 g	Chicken - 500 g (cut into pieces of your choice), Chopped onion - 2 ea, Garlic paste - 1 tsp, Oil - 4 tbsp, Chopped green chili - 2~3, Chopped Almond paste - 2 tbsp, Garam Masala - 1 tsp, Milk - 1 cup, Chopped coriander - 1 tbsp, Water - ½ cup, Salt as per your taste
	Instructions In microwave safe glass take oil, onion, garlic paste, green chili, chicken. Mix it well and cook. When beep add all other ingredients ½ cup of water, cover it and press start. Garnish with coriander leaves.	
7-13 Green Chicken	700-800 g	Chicken - 500 g (cut into pieces of your choice), Chopped green chili - 3~4, Chopped coriander - ½ cup, Chopped mint - ¼ cup, Two sticks chopped celery, Chopped spring onion - 2 ea, Garlic paste - 1 tsp, Ginger paste - 1 tsp, Cumin powder - 1 tsp, Oil - 3 tbsp, Salt - 1 tsp
	Instructions Grind together mint, coriander, celery, green chili to a paste. In microwave safe glass bowl take oil, green paste & all other ingredients. Mix well and cook. When beep add ½ cup water, mix it well and press start. Serve hot.	
7-14 Goanese Chicken	600-700 g	Chicken - 500 g (cut into pieces of your choice), Chopped onion - 2 ea, Chopped tomato - 2 ea, Ginger-garlic paste - each 1 tsp, Red chili powder - 1 tsp, Turmeric powder - 1 tsp, Cumin powder - 1 tsp, Cinnamon powder - ½ tsp, Oil - 4 tbsp, Vinegar - 2 tbsp, Water - 1 cup
	Instructions In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder, turmeric powder and cook. When beep add 1 cup water, all other ingredients, mix it well and press start. Garnish with coriander leaves and serve hot.	

Code/Food	Serving Size	Ingredients
7-15 Chicken Masala	500-600 g	Chicken - 400 g (cut into pieces of your choice), Chopped onion - 3 ea, Chopped tomato - 3 ea, Ginger-garlic paste - each 1 tsp, Turmeric, Red chili powder - each 1 tsp, Garam Masala - 1 tsp, Oil - 2 tbsp, Salt as per your taste, Chopped coriander, Water - 1 cup
	Instructions In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder, turmeric powder and cook. When beep add 1 cup water, all other ingredients, mix it well and press start. Garnish with coriander leaves & serve hot.	
7-16 Kadhai Chicken	600-700 g	Chicken - 400 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp, Tomato puree - ½ cup, Red chili powder - ½ tsp, Coriander powder - 1 tsp, Garam masala - 1 tsp, Sugar - 1 tsp, Two large capsicum cut into strips, Corn flour - 2 tbsp (dissolve in 3 cups of water), Oil - 4 tbsp, Dried fenugreek leaves - 1 tsp
	Instructions In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder and cook. When beep add 3 cup water, all other ingredients, mix it well and press start. Garnish with coriander leaves & serve hot.	
7-17 Kheema Masala	400-500 g	Kheema (chicken) - 200 g, Chopped onion - 1 ea, Chopped tomato - 1 ea, Ginger garlic paste - 1 tsp, Turmeric, Salt, Red chili, Cumin powder, Garam masala as per taste, Oil and water as required, Dhaniya for garnishing
	Instructions In microwave safe glass bowl take kheema with water and cook. When beep drain water and keep aside. In another microwave safe bowl add oil, chopped onion, tomato, ginger garlic paste and all the masala and press start. After done, add boiled kheema to this, mix well and serve.	

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Code/Food	Serving Size	Ingredients
7-18 Chicken Chettinad	700-800 g	Chicken - 500 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp, Tomato puree - ½ cup, Red chili powder - ½ tsp, Chopped onion - 2 ea, Coconut Oil - 3 tbsp, Curry leaves -10~12, Freshly Crushed pepper - 2 tsp, Chopped Coriander powder - 1 tsp, Garam masala - 1 tsp, Water - 2 cups, Yogurt - ½ cup
	Instructions Marinate chicken with yogurt, ginger-garlic paste, pepper corns, salt and keep in refrigerator for 1 hr. In microwave safe glass bowl add coconut oil, chopped onion, garam masala and marinated chicken. Mix well and cook. When beep add all other ingredients mix it well and press start. Garnish with coriander leaves. Serve hot.	
7-19 Hyderabadi Chicken	700-800 g	Chicken - 600 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp, Tomato puree - ½ cup, Finely chopped onion - 2 ea, Finely Chopped tomato - 2 ea, Oil - 4 tbsp, Water - 1 cup, Cream - 4 tbsp, Salt as per taste, Chopped coriander leaves. For paste : Red chili - 4~5, Cashew nut - 10~12, Magaj - 2 tbsp, Poppy seeds - 1 tbsp, Almond - 7~8, Cloves - 4 ea, Cinnamon - 2 sticks, Cardamom - 2 ea, Make a fine paste of all these ingredients.
	Instructions In microwave safe glass bowl add oil, finely chopped onion, chicken with given paste and cook. When beep add all other ingredients, water, mix it well and press start. Garnish with coriander leaves. Serve hot.	

Code/Food	Serving Size	Ingredients
7-20 Pepper Chicken	400-450 g	Boiled boneless chicken - 300 g, Salt, Lemon juice, Pepper powder as per your taste, Oil - 3 tbsp, Chopped onion - 4 tbsp, Chopped tomato - 3 tbsp, Chopped garlic - 2 tsp, Water as required, Coriander leaves - 1 tbsp
	Instructions Take boiled chicken, marinate with salt, lemon juice, pepper powder for 1 hour. In microwave safe bowl put oil, chopped onion, chopped tomato, chopped garlic and cook. When beep add marinated chicken, salt to taste, ¼ cup of water and press start. Garnish with chopped coriander leaves.	

8. Tandoori

Code/Food	Serving Size	Ingredients
8-1 Roasted Prawns	600-700 g	Prawns - 500 g, Chopped onion - 2 ea, Chopped tomato - 2 ea, Oil - 2 tbsp, Red Chili powder - 1 tsp, Turmeric powder - ½ tsp, Ginger-garlic paste - each 1 tsp, Garam Masala - 1 tsp, Cumin powder - 1 tsp, Coriander powder - 1 tsp, Chopped coriander leaves - 2 tbsp, Little water
	Instructions In microwave safe glass bowl add oil, finely chopped onion, chopped tomato, ginger-garlic paste, red chili powder, turmeric powder and cook. When beep add prawns, all other ingredients mix it well, and press start. Garnish with coriander leaves. Serve hot.	

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Code/Food	Serving Size	Ingredients
8-2 Fish Cutlet	350-400 g	Fish fillet - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp, Red chili powder - 1 tsp, Turmeric powder - 1 tsp, Ginger-garlic paste - 1 tsp, Salt as per your taste, Garam Masala - 1 tsp, Coriander leaves - 2 tbsp
	Instructions In bowl take fish fillet, all other ingredients except oil and mix well. Make cutlets. Put them on a metal tray, put some oil around the cutlets. Put this on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	
8-3 Fish Tikka	500 g	Fish (pomfert) - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp, Ginger-garlic paste - each 1 tsp, Orange red colour - 1 pinch, Oil - 2 tbsp, Semolina - 2 tbsp, Red chili powder - 1 tsp, Salt as per your taste, Coriander leaves - 2 tbsp
	Instructions Marinate fish slice with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Put them on metal tray with high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	
8-4 Green Masala Pomfert	400 g	Fish (pomfert) - 400 g, Ginger-garlic paste - 1 tsp each. Oil - 2 tbsp, Semolina - 2 tbsp, Salt as per your taste, Coriander leaves - 2 tbsp For green paste : Fresh coconut - 1 cup, Coriander leaves - 4 tbsp, Green chili - 2~3, Cumin seeds - 1 tsp, Garlic - 10~12 cloves, Lemon juice - 1 tbsp, Salt & Sugar as per your taste, Make a fine paste of it.
	Instructions Make the slice of the fish. Apply the green paste all over the fish. Roll out fish in semolina. Put on metal tray with high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	

Code/Food	Serving Size	Ingredients
8-5 Fish Malai Kabab	400-450 g	Fish fillet - 300 g, Garlic paste - 1 tsp, Anissed powder - 1 tsp, Dry mango powder - 1 tsp, Red chili powder- 1 tsp, Cream - 4 tbsp, Oil - 2 tbsp, Salt as per your taste, Coriander leaves - 1 tbsp
	Instructions Place fish in a bowl. Add all the ingredients & mix well. Let it marinate for 2 hrs. at refrigerator. Place kabab on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	
8-6 Goanese Fish Kabab	400-500 g	Surmai (Goanese fish) - 300 g (cut into pieces), Tamarind juice - 2 tbsp, Red chili powder - 1 tsp, Turmeric powder - ½ tsp, Cumin powder - ½ tsp, Coconut oil - 1 tbsp, Rice flour - 1 tbsp, Chopped peppercorn - 1 tsp, Salt as per your taste, Coriander leaves - 1 tbsp
	Instructions Place fish in a bowl. Add all the ingredients & mix well. Let it marinate for 1 hr. at refrigerator. Place kabab on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	
8-7 Sesame Fish (Goanese Recipe)	400-500 g	Surmai (Goanese fish) - 400 g (cut into pieces), Dry mango powder - 1 tsp, Red chili powder - 1 tsp, Turmeric powder - ½ tsp, Garam Masala - 1 tsp, Ginger-garlic paste - each 1 tsp, Coconut oil - 2 tbsp, Rice flour - 1 tbsp, Salt as per your taste, Sesame seeds - 4~5, Coriander leaves - 1 tbsp
	Instructions In a bowl add fish & all the other ingredients except sesame seeds & mix well & let marinate for 2 hrs. at room temperature. Lift one piece at a time & roll in sesame seed so that it is fully covered. Place fish on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	

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Code/Food	Serving Size	Ingredients
8-8 Coconut Fish Kabab	400-500 g	Fish (pomfert) - 400 g (cut into pieces), Ginger- garlic paste - each 1 tsp, Pepper powder - ½ tsp, Cumin powder - ½ tsp, Lemon juice - 2 tbsp, Corn flour - 1 tsp, Powdered coconut (desiccated coconut) - 4 tbsp, Salt as per your taste
	Instructions In a bowl add fish pieces & all other ingredients except coconut. Mix well, late it marinate for 2-3 hrs. at room temperature. Pick fish pieces one by one & roll into the coconut so that fully coated with it. Place fish on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	
8-9 Chicken Tikka	400-450 g	Boneless chicken - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp, Ginger-garlic paste - each 1 tsp, Orange red colour - 1 pinch, Oil - 2 tbsp, Semolina - 2 tbsp, Red chili powder - 1 tsp, Salt as per your taste, Coriander leaves - 2 tbsp
	Instructions Marinate chicken with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Put on metal tray with high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	
8-10 Kheema Cutlet	350-400 g	Boiled Kheema - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp, Red chili powder - 1 tsp, Turmeric powder - 1 tsp, Ginger-garlic paste - 1 tsp, Salt as per your taste, Garam Masala - 1 tsp, Coriander leaves - 2 tbsp
	Instructions In bowl take kheema & all other ingredients except oil & mix well. Make cutlets. Put them on a metal tray, add some oil around the cutlets. Put them on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	

Code/Food	Serving Size	Ingredients
8-11 Chicken Malai Kabab	400-450 g	Boneless chicken - 300 g, Garlic paste - 1 tsp, Anissed powder - 1 tsp, Dry mango powder - 1 tsp, Red chili powder - 1 tsp, Cream - 4 tbsp, Oil - 2 tbsp, Salt as per your taste, Coriander leaves - 1 tbsp
	Instructions Place chicken in a bowl. Add all the ingredients & mix well. Let it marinate for 2 hrs. at refrigerator. Place kabab on a metal tray with high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	
8-12 Green Chicken Kabab	400-450 g	Boneless chicken - 400 g, Ginger-garlic paste - 1 tsp each. Oil - 2 tbsp, Semolina - 2 tbsp, Salt as per your taste, Coriander leaves - 2 tbsp For Green paste : Fresh coconut - 1 cup, Coriander leaves - 4 tbsp, Green chili - 2~3, Cumin seeds - 1 tsp, Garlic - 10~12 cloves, Lemon juice - 1 tbsp, Salt & sugar as per your taste & make a fine paste of it.
	Instructions Make the slice of the chicken. Apply the green paste all over the chicken pieces. Roll out fish in semolina. Keep on metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	
8-13 Chicken Kheema Cutlet	350-400 g	Boiled Kheema - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp, Red chili powder - 1 tsp, Turmeric powder - 1 tsp, Ginger-garlic paste - 1 tsp, Salt as per your taste, Garam Masala - 1 tsp, Coriander leaves - 2 tbsp
	Instructions In bowl take chicken kheema, all other ingredients except oil & mix well. Make cutlets. Put them on a metal tray, put some oil around the cutlets. Keep this on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	

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Code/Food	Serving Size	Ingredients
8-14 Saucy Kabab	500-550 g	Boiled Kheema - 500 g, Ginger-garlic-green chili paste - 1 tsp each, Chopped onion - 1 ea, Red chili powder - 1 tsp, Cumin powder - ½ tsp, Garam Masala - 1 tsp, Salt as per your taste, Corn flour - 2 tbsp For sauce : Mix vinegar - 1 tsp, Soya sauce - 1 tsp, Tomato sauce - 2 tbsp, Chili sauce - 1 tbsp
	Instructions Mix kheema, all other ingredients and shape into kabab as you wish. Apply little oil, place this on high rack and cook. When beep, turn them over and press start. Coat kabab with sauce. Serve hot.	
8-15 Sesame Chicken	400-500 g	Boneless chicken - 400 g (cut into pieces), Dry mango powder - 1 tsp, Red chili powder - 1 tsp, Turmeric powder - ½ tsp, Garam Masala - 1 tsp, Ginger-garlic paste - 1 tsp each, Coconut oil - 2 tbsp, Rice flour - 1 tbsp, Salt as per your taste, Sesame seeds - 4~5, Coriander leaves - 1 tbsp
	Instructions In a bowl add chicken, all the other ingredients except sesame seeds and mix well, let marinate for 2 hrs. at room temperature. Lift one piece at a time, roll in sesame seed so that it is fully covered. Place fish on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	
8-16 Tandoori Chicken	500-600 g	Chicken - 500 g, Garlic paste - 1 tsp, Ginger paste - 1 tsp, Red chili powder - 1 tsp, Coriander, cumin powder - 1 tsp each, Yogurt - 1 cup, Orange-red colour - 1 pinch, Corn flour - 2 tbsp, Salt to taste, Oil - 2 tbsp, Garnish with onion ring & lemon pieces
	Instructions In a bowl mix all ingredients except oil. Add chicken & mix well. Let it marinate for 2-3 hrs. in refrigerator. Place chicken on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with onion ring & lemon pieces. Serve hot.	

Code/Food	Serving Size	Ingredients
8-17 Tandoori Mutton	500-600 g	Boneless Mutton - 500 g, Garlic paste - 1 tsp, Ginger paste-1 tsp, Red chili powder - 1 tsp, Coriander, cumin powder - 1 tsp each, Yogurt - 1 cup, Orange-red colour - 1 pinch, Corn flour - 2 tbsp, Salt - to taste, Oil - 2 tbsp, Garnish with onion ring & lemon pieces
	Instructions In a bowl mix all ingredients except oil. Add mutton & mix well. Let it marinate for 2-3 hrs. in refrigerator. Place chicken on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with onion ring & lemon pieces. Serve hot.	
8-18 Mutton Tikka	400-450 g	Mutton (cut into pieces) - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp, Ginger-garlic paste - 1 tsp each, Orange red colour - 1 pinch, Oil - 2 tbsp, Semolina - 2 tbsp, Red chili powder - 1 tsp, Salt as per your taste, Coriander leaves - 2 tbsp
	Instructions Marinate mutton with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Keep on metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.	
8-19 Fish Tikka Achari	450-500 g	Surmai fillets - 300 g (cut into 2" pieces), Lemon juice - 2 tbsp, Ginger-garlic paste - 1 tsp each, Turmeric powder - ½ tsp, Kashmiri red chili powder - 2 tsp, Mustard seed powder - 1 tsp, Onion seeds powder - 1 tsp, Fenugreek seed powder - ½ tsp, Black salt - ½ tsp, Mustard oil - 2 tbsp, Yogurt whisked - 1 cup, Butter - 2 tbsp
	Instructions Place the fish in a bowl, add salt, lemon juice, ginger-garlic paste, turmeric powder, chili powder, mustard seed powder, fenugreek seed powder, onion seed powder, mix it well & take it refrigerator for 2 hrs. Arrange the fish pieces and brush the oil on metal tray, put it on high rack and cook. When beep turn the pieces, apply little oil and press start. Serve hot.	

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Code/Food	Serving Size	Ingredients
8-20 Tandoori Chicken Chaat	350-400 g	Boneless Chicken - 250 g, Red chili powder - 1 tsp, Ginger-garlic paste - 1 tsp, Yoghurt - ½ cup, Salt to taste, Lemon juice - 1 tbsp, Garam masala - 1 tsp, Oil - 2 tbsp, Small green, yellow, red capsicum seeded - 1 (thin strip), Onion - 1 (medisum size, sliced), Green chili - 2 (chopped), Chopped coriander - 2 tbsp, Chaat masala - 1 tsp
	Instructions In glass bowl take chicken with oil, ginger garlic paste yogurt, salt, lemon juice, garam masala. Mix it well & take it in refrigerator for 2 hrs. Preheat it in oven for 200 °C. When beep put all this on metal tray with low rack, select menu and cook. After done, add all other ingredients, mix it well, garnish with coriander.	

9. All time favorite

Code/Food	Serving Size	Ingredients
9-1 Chicken A'la Kiev	550-600 g	Boneless chicken - 500 g, French beans - 18~20 (cut into 1 piece), Carrots - 2 (medium size, cut into 1 piece), Sticky celery - 2 (chopped), Capsicums - 2 (cut into ¼" pieces), Milk - ½ cup, Maida - 2 tbsp, Pepper - 1 tsp, Mustard powder - 1 tsp, Salt - 1 tsp, Grated cheese (Amul) - 4 tbsp
	Instructions In microwave safe glass bowl mix chicken, carrots, celery, french beans, 2-3 tbsp water, cover it and cook. When beep add all ingredients and press start. Add grated cheese. Garnish with parsley or coriander.	

Code/Food	Serving Size	Ingredients
9-2 Poulet A'la Burgundy	600-650 g	Boneless chicken-500 g, Oil - 2 tbsp, Garlic - 3~4 flakes (minced), Spring onions - 3~4 (chopped), Celery - 2~3 sticks (chopped), Tej patta (bay leaf) -1, Red wine - ¼ cup, Flour (maida) - 2½ tbsp, Ajwain - ½ tsp (powdered), Pepper powder - 1 tsp, Salt - 1 tsp
	Instructions In microwave safe glass bowl mix chicken with oil, garlic, chopped spring onions, bay leaf, celery and cook. When beep in another dish take flour, all ingredients, chicken and cook. Sprinkle spring onion greens on top and serve hot with garlic bread.	
9-3 Chicken & Mushroom Gratin	500-550 g	Boneless chicken - 200 g (cut into bite size pieces), Mushrooms quartered (cut into 4 pieces each) - 200 g, Oil or butter - 2 tbsp, Maida (flour) - 2 tbsp, Salt - 1 tsp, Pepper - 1 tsp, Rum or sherry (optional) - 1 tsp, Cream - 100 g (½ cup), Water - ½ cup, some chopped celery or coriander leaves for garnishing
	Instructions In microwave safe plate butter, maida and cook. When beep, take it cake tin and add chicken, all other ingredients. Put it on the low rack and press start. Sprinkle chopped celery or coriander and serve hot.	
9-4 Meat Loaf	500-550 g	Keema - 500 g (Meanced meat), Curd - ¾ cup, 2 eggs, Garlic paste - 1 tsp, Ginger paste - 1 tsp, Garam masala powder - 1 tsp, Lemon juice - 2 tbsp, Chopped coriander leaves - 2 tbsp, Salt - 1 tsp, Pepper - 1 tsp (adjust to taste), Bread slices - 3 pieces (soaked in water, squeezed & crumbled) For sauce : Maida - 1 tsp, Mustard powder - ½ tsp, Worcestershire sauce - 1 tbsp, Tomato sauce - 1 tbsp, Chili sauce - 1 tbsp
	Instructions Mix all ingredients given under loaf. Grease the dish & put keema in it and cook. To the juices, add all ingredients given under sauce. When beep, pour the sauce on a loaf and put on high rack and press start. Serve with sauce & decorate with coriander.	

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Code/Food	Serving Size	Ingredients
9-5 Thai Chicken	900 g	For green paste : Green chillies - 6~8, Spring onions - 3 ea (chopped along with the green part), Lemon grass leaves - 4 (optional), Ginger - 2" piece, Coriander leaves - 3 tbsp For main dish : Boneless chicken - 700~800 g (cut into pieces), Coconut milk - 1½ cups, Salt - 1½ tsp, Jaggery - a tiny piece, Coriander powder - 1 tbsp, Cumin powder - 1 tbsp, Oil - 2 tbsp
	Instructions In grinder prepare green paste. Churn grated one coconut in mixer. In microwave safe glass bowl add chicken, oil and cook. When beep, add salt jaggery and coconut milk. Mix well and press start.	
9-6 Chicken Pulao	600-700 g	Basmati rice - 1½ cup, Boneless chicken - 4 pieces (2 legs & 2 thighs or 2 legs & 2 breasts), Onions - 2 (medium size, sliced thinly), Cloves - 4, Cinnamon - 1", Black cardamom - 2, Pure ghee - 3 tbsp, Chopped tomatoes - 2, Salt - 2 tsp, Garam masala - 1 tsp, Red chili powder - 1 tsp, Garlic paste - 1 tsp, Ginger paste - 1 tsp, Water -2½ cups
	Instructions In microwave safe glass bowl add ghee onion, black cardamom and cook. When beep, add rice chicken, tomatoes, salt, garam masala, red chillies, garlic, ginger paste, water. Mix well and press start. Serve hot.	
9-7 Keema Pulav	350-400 g	Keema - 200 g, Basmati Rice - 1 cup, Ghee - 4 tbsp, Cloves - 5 laung, Green cardamoms (broken) - 4, Ginger paste - 1 tbsp, Cinnamon - 1" piece, Bay leaf - 1, Onion - 1 (sliced thinly), Red chili powder - 1 tsp, Salt - 1 tsp, Garam masala - 1 tsp
	Instructions In microwave safe glass bowl mix ghee, laung, dalchini, bay leaf, cardmoms, rice, onion and cook. When beep, add keema, rice, water, mix it well and press start. Serve hot.	

Code/Food	Serving Size	Ingredients
9-8 Mutton Malai	650-700 g	Mutton – 400 g, Ginger Garlic paste - 1 tbsp, Green chilies finely - 3~4 (chopped), Salt - 1¼ tsp, Magaz paste- 2 tbsp, coriander-for garnishing, Oil- 2 tbsp water ½ cup For Gravy : Curd – 1 cup, Ginger Julian -1 tbsp, Salt - 1 tsp, Red chili powder - 1 tsp, Cumin powder - 1 tsp, Cream - 1 cup, Garam masala - 1 tsp
	Instructions In a microwave safe bowl add mutton, magaz paste, ginger garlic paste, chilli paste and oil and ¼ cup water and cook. When beep add all other ingredients and cook. Garnish with fresh coriander.	
9-9 Spinach, Corn & Chicken in Ginger Sauce	600-650 g	Boneless chicken - 250 g, Spinach - 250 g (remove stem & tear each leaf into 2-3 pieces), Frozen corn kernels - ½ cup, Ginger paste - ½ tbsp, Salt & pepper powder - each ¾ tsp, Corn flour paste - 2 tbsp (dissolve in ¼ cup of water), Oil - 2 tbsp For sauce : Tomato sauce - 2 tbsp, Tomato puree - ½ cup, Soya sauce - 1 tsp, Sugar - ½ tsp, Ajinomoto - ¼ tsp, Tomato - ½ cut (into 4 pieces)
	Instructions Take spinach leaves in a large bowl, add corn flour paste to it and cook. When beep, add oil, chicken in small pieces, ginger paste, corn flour paste, spinach mixture, all other ingredients and mix it well and press start. Mix it well & serve hot.	
9-10 Chicken Chowmein	350-400 g	Boiled Chicken - 100 g, Noodles - 100 g, Onion - 1 ea (cut into thin slices), Capsicum - 1 ea (shredded into thin strips), Carrot - 1 ea (matchsticks size), Cabbage - 1 cup (shredded), Salt - ¾ tsp, White Pepper - 1 tsp, Sugar - 1 pinch, Ajinomoto - ¼ tsp, Soya sauce - 1~2 tsp, Vinegar - ½ tbsp, Chili sauce - 1½ tsp, Oil - 2 tbsp, Water - 3 cups
	Instructions Make the noodles by adding water, salt, oil, mix it well and cook. When beep spread on a greased tray to cool. In a microwave safe glass bowl add all other ingredients with chicken, mix well and press strat. After done add noodle, mix well and serve hot.	

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Code/Food	Serving Size	Ingredients
9-11 Chicken with Sweet & Spicy Vegetables	400-450 g	Boneless Chicken breast - 200 g, Pineapple juice - ½ cup, Baby corns (cut into lengthwise) - 3~4, Broccoli/cauliflower florets - 4~5, Mushrooms - 3~4 (cut into pieces), Slices of pineapple - 2 ea, Small capsicum - 1 ea (cut into pieces), Red chili paste - 1 tbsp., Crushed garlic - 1½ tsp., Spring onion white - 2~3 cut into slices, Red bell pepper - 2 (sliced), Ajinomoto - ¼ tsp., Sugar - 4 tsp., Soya sauce - 1 tsp., Salt to taste, Stock cube - 1 crushed, Corn flour - 4 tbsp. (mixed in ¼ cup of water), Water - 2 cups
	Instructions In microwave safe bowl add water, pineapple juice, baby corn, florets & mushrooms and cook. When beep add chicken, all other ingredients, mix it well and press start. Serve hot.	
9-12 Chicken in Thai Red Curry	500-550 g	Boneless chicken - 400 g, Kashmiri red chili - 4~5 dry, Onion - ½, Garlic - 8~10 flakes, Chopped ginger - 1 tsp, Lemon grass - 1, Coriander seeds - 1½ tsp, Cumin seeds - 1 tsp, Saboot kali mirch - 6, Soya sauce - ½ tsp, Lemon juice - 1 tbsp, Salt & sugar - each 1 tsp, Baby corns - 4~5, Small carrot - 1 ea, Cauliflower - ½ cup, Mushrooms - 2 ea, Basil leaves - 8~10, Coconut milk - 2 cups
	Instructions Make fine paste of red chili, water. In microwave safe glass bowl add oil, red curry paste, onion, ginger-garlic paste and cook. When beep add coconut milk, all vegetables, all other ingredients with chicken and press start. Add salt, sugar, add basil leaves. Serve hot with steamed rice.	

Code/Food	Serving Size	Ingredients
9-13 Chicken Pasta in Tomato Puree	450-500 g	Boneless chicken - 150 g, Macaroni or pasta - 2 cups, Capsicum - 1 ea (cut into pieces), Tomato - 1 medium (cut into strips), Olive oil - 3 tbsp, Crushed garlic - 2 tsp, Tomato puree - 1 cup, Pepper - ½ tsp, Salt - 1¼ tsp, Oregano - ¾ tsp, Water - ½ cup, Cream - ½ cup, Water - 5 cups
	Instructions In microwave safe glass bowl take oil add boneless chicken, macaroni, 4 cups of water and cook. When beep add all other ingredients, water as required and press start.	
9-14 Chicken Au Gratin	400-450 g	Boneless chicken - 250 g, White sauce - 2 cup, Butter - 2 tbsp, Salt - ¾ tsp, Pepper to taste, Tomato ketchup - 1 tbsp Vegetables : Chopped French beans - 10~15, Carrots - 2 ea, Cauliflower - ½, Peas - ½ cup, Potato - 1 ea cut into pieces, Bottle gourd - ½ cup, Grated cheese - ¼ cup
	Instructions In microwave safe glass bowl add butter, chicken, vegetables, ½ cup of water and cook. When beep mix all other ingredients, mix it well, prinkle cheese. Take it on high rack and press start. Serve hot.	
9-15 Chicken in Hot Garlic Sauce	500-550 g	Boneless chicken - 250 g, Capsicum - 1 ea (cut into pieces), Oil - 3 tbsp, Garlic - 1 tbsp (chopped), Dry red chili - 1 ea (cut into thin slices), Red chili paste - 1 tsp, Spring onion - 1 ea, Tomato ketchup - 3 tbsp, Red chili sauce - 1 tbsp, Soya sauce - 2 tsp, Vinegar - 1 tbsp, Pepper - ½ tsp, Sugar - ½ tsp, Corn flour - 4 tbsp (dissolve in ½ cup of water)
	Instructions In microwave safe glass bowl put chicken, capsicum, oil, chopped ginger-garlic, ½ cup of water and cook. When beep add all other ingredients, ¼ cup of water, cover it and press start.	

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Code/Food	Serving Size	Ingredients
9-16 Chicken with Tomato Rice	550-600 g	Boneless chicken - 150 g, Soaked rice - 1 cup, Sprouted green gram - ½ cup, Finely chopped carrot - ½ cup, Finely chopped French beans - ½ cup, Oil - 2 tbsp, Peanuts - 3 tbsp, Cumin - ½ tsp, Slices of Onion - 1 small, Tomato puree - 4 tbsp, Tomatoes - 2 ea, Turmeric - 1 pinch, Garlic paste - ½ tsp, Garam Masala - ½ tsp, Salt - 1 tsp
	Instructions In microwave safe glass bowl take oil, add soaked rice, chicken, onion, sprouted green gram and cook. When beep add all other ingredients, 3 cups of water and press start. Serve hot.	
9-17 Chilly Chicken Pizza	300-350 g	Boiled Boneless chicken - 100 g (cut into pieces), Pizza base - 2 ea, Grated cheese - 150 g, Red chili paste - 1 tsp, Chopped onion & capsicum - ½ each, Soya sauce - 1 tsp, Vinegar - 1 tsp, Ajinomoto - 1 pinch, Salt & pepper - ½ tsp, Oregano - 1 tsp, Oil - 1 tbsp, Chopped Garlic flakes - 4 ea, Tomato puree - ½ cup, Tomato ketchup - 3 tbsp
	Instructions In microwave safe glass bowl take oil, chicken, red chili paste, chopped onion, capsicum, soya sauce, vinegar, ajinomoto, salt, pepper, oregano, chopped garlic, tomato puree, tomato ketchup. Take it in microwave 900 W for 5 min. Pre-heat the oven 220 °C in convection mode. When beep, select menu, take pizza base, paste chicken mixture on low rack and press start. Serve hot.	
9-18 Chicken Croquettes	500-550 g	Chicken - 200 g, Oil - 1 tbsp, Butter - 1 tbsp, Chopped onion - ½, Green chili - 2 ea, Refined flour - 1 tbsp, Milk - ¼ cup, Bread crumbs - 2 tbsp, Red chili flakes - ¼ tsp, Salt - ½ tsp, Pepper - ¼ tsp, Water - ½ cup, White sauce - 1 cup, Mayonnaise for serving
	Instructions In microwave safe glass bowl add oil, onion, chicken and cook. When beep add all other ingredients and press start. Serve hot.	

Code/Food	Serving Size	Ingredients
9-19 Crispy Chicken	450-500 g	Chicken - 250 g, Beat in Egg - 1 ea, Salt - ¼ tsp, Red chili powder - ¼ tsp, Bread crumbs - ½ cup, Oil - 1-2 tbsp For Marinade : Butter - 2 tbsp, Garlic paste - 2 tsp, Chili powder - 1½ tsp, Cumin seeds powder - 1 tsp, Coriander powder - 2 tsp, Cinnamon - 1 tsp, Salt - 1½ tsp
	Instructions Marinated chicken with all marinade ingredients & put it in refrigerator for 1 hr. In microwave safe glass bowl add oil, marinated chicken and cook. When beep add all other ingredients and press start. Serve hot.	
9-20 Chicken Sandwiches	3 ea	Boiled Chicken - 100 g, Oil - 1 tbsp, Bread slice - 6 ea, Butter - 1 tbsp, Onion - ½ (cut into slices), Mayonnaise - 5~6 tbsp, Pepper - ½ tsp, Oregano - ¾ tsp, Mustard - 1 tsp
	Instructions In a glass bowl mix all ingredients except bread slice. Apply this mixture to one bread slice and put other bread slice on it. Make a sandwich and take it in high rack and cook. When beep turn the side to make it golden in colour & and press start. Serve hot with tomato sauce.	

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0. Indian Famous Variety

Code/Food	Serving Size	Ingredients
0-1 Kheema Kofta	450-500 g	Keema - 250 g, Ginger-garlic paste - 1 tsp, Green chilies - 2 (chopped), Garam masala - ½ tsp, Salt - ¾ tsp, Bread-crumbs - ½ cup, Fresh coriander leaves - 2 tbsp (chopped) For Creamy tomato sauce : Tomato puree - 1 cup, Chopped ginger - 1 tbsp, Salt - ¾ tsp, Red chili powder - ¾ tsp, Cumin powder - 1 tsp, Cream - ½ cup, Orange red colour - 1 pinch
	Instructions In microwave safe glass bowl take kheema, ginger-garlic paste, garam masala, chopped green chilies, salt, make a kofta and cook. When beep add creamy tomato sauce material, kofta and press start. Serve hot with coriander leaves.	
0-2 Mutton Tetrazini	500-550 g	Mutton - 250 g, Spaghetti - 100 g, Oil - 2 tbsp, Green capsicum - 1 small sized, Red capsicum - 1 small sized, Yellow capsicum - 1 small sized, Mushrooms - 4~5, Onion - 1 large sized, Garlic - 5-6 cloves, Basil Leaves - 5~6, Tomatoes - 4 medium size, Olive oil - 4 tbsp, Pepper powder - ½ tsp, Salt to taste, Grated Cheese - ⅓ cup
	Instructions In microwave safe bowl mix oil, salt, mutton, 1 cup of water, cover it and cook. When beep add chopped capsicum, mushroom, onion, garlic, basil, tomato, pepper powder, salt, grated cheese and press start. Serve hot.	
0-3 Mutton Kurma	800-850 g	Boneless Mutton - 600 g, Cashewnuts - ½, chopped Green chillies - 2~3, Fresh coriander leaves - 1 few sprigs, Yogurt - 1 cup, Ginger-garlic paste - 2 tsp, Red chili powder - 1 tsp, Coriander powder - 2 tsp, Salt to taste, Oil - 2 tbsp, Bay leaf - 1, Cloves - 4~5, Green cardamom - 4~5, Green cardamoms - 4~5, Garam masala powder - 1 tsp, White pepper powder - ¼ tsp, Fresh cream - ⅓ cup
	Instructions In microwave safe glass bowl add oil, boneless mutton, green chili, cloves, green cardamom, garama masala, white pepper powder, ginger-garlic paste, 1 cup of water and cook. When beep add all other ingredients, mix it well and press start.	
0-4 Mutton Mirchi	800-900 g	Boneless Mutton - 600 g, Cashewnuts - ½ cup, Green chillies - 2~3, Fresh coriander leaves - 1 few springs, Yogurt - 1 cup, Ginger-garlic paste - 2 tsp, Red chilli powder - 1 tsp, Coriander powder - 2 tsp, Salt to taste, Oil - 2 tbsp, Bay leaf - 1, Cloves - 4~5, Green cardamoms - 4~5, Garam masala powder - 1 tsp, White pepper powder - ¼ tsp, Fresh cream - ⅓ cup
	Instructions Make a paste of green chili, coriander and spring onion. In microwave safe glass bowl add oil, boneless mutton, green paste, ½ cup of water and cook. When beep add all other ingredients and press strat.	

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Code/Food	Serving Size	Ingredients
0-5 Butter Keema	700-800 g	Keema - 500 g, Lemon juice - 1 tsp, Kashmiri red chilli powder - 1 tsp, Salt to taste For marination : Yogurt - 1 cup, Salt to taste, Ginger paste - 2 tbsp, Garlic paste - 2 tbsp, Lemon juice - 2 tbsp, Garam masala powder - 1 tsp, Mustard oil - 2 tbsp For gravy : Green chilies - 2, Dried fenugreek leaves - ½ tsp, Butter - 2~3 tbsp, Bay leaves - 2, Pepper corns - 10, Cinnamon - 2" stick, Green cardomums - 5 cloves, Ginger paste - 1 tsp, Garlic paste - 1 tbsp, Tomato puree - 2 cups, Red chili powder - 1 tbsp, Garam masala powder - ½ tsp, Salt to taste, Honey - 2 tbsp, Fresh cream - ½ cup
	Instructions Marinate kheema with all marination ingredients and take it in refrigerator for 1 hr. In microwave safe glass bowl add marinated kheema, gravy mixture, red chili powder, salt and cook. When beep add lemon juice, ¼ cup of water, mix it well and press start. Serve hot.	
0-6 Mutton & Mushroom in Hot Tomato Sauce	700-750 g	Boneless Mutton - 500 g, Chopped mushrooms - 10~12, Chopped spring onions - 3~4, Chopped garlic - 5 cloves, Red chili (crushed) - 1 tbsp, Pepper corns - 5~6, Chopped tomato - 1 large size, Butter - 2 tbsp, Salt to taste, Tomato - ¾ cup, Honey - 2 tsp, Dried oregano - ¼ tsp
	Instructions In microwave safe add butter, mutton, 1 cup of water and cook. When beep add all other ingredients and press start. Serve hot.	

Code/Food	Serving Size	Ingredients
0-7 Bombay Prawn	700-750 g	Prawns - 500 g, Ginger-garlic - each 1 tsp, Cumin seeds - 1 tsp, Red chilies whole - 12~15, Cloves - 7~8, Cinnamon - 2 inch stick, Mustard seeds - 1 tsp, Vinegar - 4 tbsp, Chopped Onions - 2 medium size, Chopped tomato - 4 medium size, Oil - ½ cup, Sugar - 2 tbsp, Salt to taste
	Instructions In microwave safe glass bowl take oil, chopped onion, chopped tomato, cumin seeds, ginger-garlic paste, cloves, cinnamon, cumin seeds, mustard seeds, chili, prawns and cook. When beep add vinegar, salt, sugar, mix it well and press start. Serve hot.	
0-8 Prawns in Thai Red Curry Sauce	350 g	Prawns - 250 g, Oil - 2 tbsp, Lemon - 1 tsp, Soy sauce - 1 tsp, Grind coconut - 1 cup, Fresh basil leaves - 6~8 For red curry paste : Onion - 1 medium size, Garlic - 4 cloves, Red chillies whole - 8~10, Lemon grass stalk - 4" piece, Coriander seeds - 2 tsp, Cumin seeds - 1 tsp, Pepper corns - 6, Salt to taste
	Instructions In microwave safe glass bowl take oil, ginger garlic, prawns, basil leaves and cook. When beep add coconut, red curry paste. Mix it well and press start. Serve hot.	
0-9 Chicken Vindaloo	650-700 g	Boneless Chicken - 500 g (cut into pieces), Dry red chilies - 6~7, Vinegar - 3 tbsp, Chopped Onion - 2 ea, Garlic & ginger paste - each 1 tsp, Tomato puree - ¼ cup, Potato - 1 ea, Oil - 3 tbsp, Stick cinnamon - 2", Cumin powder - 1 tsp, Turmeric powder - ½ tsp, Salt - 1½ tsp, Water - ½ cup
	Instructions In microwave safe glass bowl take oil, stick cinnamon, turmeric powder, garlic-ginger paste, chopped onion, chicken and cook. When beep add potato, tomato puree, cumin powder & half cup of water. Mix it well and press start. Serve hot.	

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Code/Food	Serving Size	Ingredients
0-10 Dum Chicken Kali Mirch	600-650 g	Chicken - 400 g (cut into 8 pieces) Marinade : Thick yogurt - ½ cup, Almonds - 8~10 (ground to powder), Ginger-garlic paste - 1 tbsp, Oil - 1 tbsp, Red chili powder - ½ tsp, Salt - ¾ tsp, Garama masala powder - ½ tsp Other ingredients : Oil - 3 tbsp, Peppercorns - ½ tsp, Onion paste - 2 ea, Coriander powder - 1 tsp
	Instructions In microwave safe glass bowl take oil, chicken & marinated ingredients. Mix it well & keep it in refrigerator for 1 hr. and cook. When beep mix it well and press start. Serve hot.	
0-11 Bengali Fish Curry	400-450 g	Fish - 300 g (cut into 1½" flat pieces), Lemon juice - 1 tbsp, Salt - ½ tsp, Turmeric - ½ tsp, Oil - 4 tbsp, Chili powder - ¼ tsp, Chopped coriander - 1 tsp, Water - 1 cup Mustard paste (grind) : Yellow mustard - 4 tsp, Dry red chilies deseed - 2 ea, Finely chopped onion - 1, Salt - ¼ tsp, Water to grind - 2~3 tbsp
	Instructions In microwave safe glass bowl take oil, fish, lemon juice, chili powder, turmeric powder, salt and cook. When beep add mustard paste, one cup of water. Mix it well and press start. Serve hot with rice.	
0-12 Chicken Sirka Ka Pyaz	600-650 g	Boneless chicken - 500 g (1" pieces), Chopped onion - 3 ea, Vinegar - ½ cup, Black cumin - 1 tsp, Crushed cloves - 4, Cardamom Seeds crushed - 3, Chopped garlic -ginger - 1 tsp, Chopped tomato - 2 ea, Green chili - 1, Chopped mint - ¼ cup, Coriander - ¼ cup, Salt - 1 tsp, Garam masala - ½ tsp, Red chili powder - ½ tsp, Turemeric powder - ¼ tsp, Oil - 3 tsp, Cream -2 tbsp, Water - 1 cup
	Instructions In microwave safe glass bowl take oil, chicken, chopped onion, vinegar, black cumin, crushed cardamom seeds, chopped garlic ginger, green chili and cook. When beep add all other ingredients with water. Mix it well and press start. Serve hot.	

Code/Food	Serving Size	Ingredients
0-13 Badami Tangri	550-600 g	Drumsticks - 5 (500 g chicken legs) First marinade : Lemon juice - 2 tbsp, Oil - 1 tbsp, Salt - ½ tsp, Red chili powder - ½ tsp Second Marinade : Yogurt - ½ cup, Oil - 2 tbsp, Ginger-garlic paste - 2 tbsp, Almonds ground to powder - 8~10, Thick cream - ¼ cup, Corn flour - 1 tbsp, Salt - ¾ tsp, Chopped coriander - 2 tbsp, Dry fenugreek leaves - 2 tsp
	Instructions In microwave safe glass bowl take drum stick & add 1st marinade material, mix it well & keep it in refrigerator for 1 hr. After 1 hr. take 2nd marinatde & keep it in refrigerator for 1 hr. Arrange drum stick in metal tray. Apply little oil & place it on high rack and cook. When beep turn it and press start. Serve hot.	
0-14 Mahi Fish Tikka	650-700 g	Surmai - 500 g (cut into pieces), Gram flour - 3 tbsp, Lemon juice - 1 tbsp First marinade : Vinegar or lemon juice - 2 tbsp, Red chili powder - ½ tsp, Salt - ¼ tsp, Second marinade : Yogurt - ½ cup, Carom seeds - ½ tsp, Ginger-garlic paste - 2 tsp, Garam masala - ½ tsp, Salt - 1 tsp, Pepper - ½ tsp, Corn flour - 1 tbsp
	Instructions In microwave safe glass bowl take fish & add 1st marinade material, mix it well & keep it in refrigerator for 1 hr. After 1 hr. take 2nd marinade & keep it in refrigerator for 1 hr. Roll out in gram flour. Arrange fish in metal tray. Apply little oil and place it on high rack and cook. When beep turn it and press start. Serve hot.	

(continued)

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Code/Food	Serving Size	Ingredients
0-15 Chicken Hot & Sour Soup	350-400 g	Chicken - 100 g (cut into 2-3 pieces), Water - 4 cups, Salt as per your taste. Other ingredients : Oil - 1 tbsp, Crushed garlic -¾ tsp, Red chili paste - ½ tsp, Chopped cabbage - 2 tbsp, Grated carrot - 2 tbsp, 1 Chicken soup cubes crushed, Sugar - 1 tsp, Pepper - ¼ tsp Soya sauce - ½ tsp, Tomato ketchup - 1 tbsp, White vinegar - 1 tbsp, Corn flour (dissolve ¼ cup of water) - 4 tbsp
	Instructions In microwave safe glass bowl take chicken, water, salt and cook. When beep add all other ingredients and press start. Serve hot.	
0-16 Schejwan Prawns	450-500 g	Prawns - 200 g, Red chili paste - 2 tbsp, Tomato sauce - 4 tbsp, Soya sauce - 1 tbsp, Ajinomoto - ¼ tsp, Sugar - 2 tsp, Salt as per your taste, Water - 1 cup, Oil - 2 tbsp, Pepper powder - ¼ tsp, 1" ginger chopped, Garlic - 5~6 (chopped), Green chili - 1 tsp, Spring onion - 2 tbsp (chopped), Water - ½ cup, Corn flour - 2 tbsp (dissolve in 1 cup water), Vinegar - 1 tbsp
	Instructions In microwave safe glass bowl take prawns, ginger, garlic, green chili, water and cook. When beep add all other ingredients. Mix it well and press start.	
0-17 Chicken with Sweet & Sour Vegetables	600-700 g	Boneless Chicken - 500 g, Pineapple juice - ½ cup, Baby corns (cut into lengthwise) - 3~4, Broccoli/ cauliflower - 4~5, Mushrooms - 3~4 (cut into pieces), Slices of pineapple - 2 ea, Small capsicum - 1 ea (cut into pieces), Red chili paste - ½ tsp, Crushed garlic - 1½ tsp, Spring onion white - 2-3 (cut into slices), Tomato ketchup - ¼ cup, Vinegar - 3 tbsp, Ajinomoto - ¼ tsp, Sugar - 4 tsp, Soya sauce - 1 tsp, Salt to taste, Stock cube - 1 crushed, Corn flour - 4 tbsp (mixed in ¼ cup of water)
	Instructions In microwave safe glass bowl add 1½ cups water, pineapple juice, baby corn, florets, mushrooms and cook. When beep add chicken, all other ingredients. Mix it well and press start. Serve hot.	

Code/Food	Serving Size	Ingredients
0-18 Mutton Mint Shorba	550-600 g	Boneless Mutton - 300 g (cut into pieces), Mint leaves - 25~30 (rawly chopped), Olive oil - 1 tbsp, Cumin seed powder - 1 tsp, Chopped onion - 1 ea, Chopped garlic - 1 tsp, Red chili flakes - ¼ tsp, Cinnamon powder - ½ tsp, Green cardamom - 1 ea, Chopped tomato - 2 ea, Salt & pepper powder as per your taste, Coconut milk - ½ cup, Water - 4 cups
	Instructions In microwave safe glass bowl add boneless mutton, olive oil, tomato, onion and cook. When beep add all other ingredients and press start. Serve hot.	
0-19 Chicken Barley Soup	600-700 g	Chicken pieces - 200 g, Barley - ½ cup, Bay leaf - 1 ea, Crushed peppercorns - 5~6 ea, Chopped onion - 1 ea, Celery stick - 2 tbsp, Butter - 2 tbsp, Salt and pepper powder as per your taste, Corn flour - 1 tbsp (dissolve in ½ cup of water), Water - 6 cups, Chopped parsley - 1 tbsp for garnish
	Instructions Soak the barley in 2 cups of water for 2 hrs. In microwave safe deep glass bowl, take barley, chicken, onion and press start. When beep add all other ingredients, mix it well and press start. Serve hot with chopped parsley.	
0-20 Chicken in Noodle Soup	550-600 g	Noodles - 200 g, Boneless Chicken – 200 g, Water - 4 cups, Fresh red chilies - 2 ea (sliced), Soya sauce - 2 tbsp, Chopped onion - 1 ea, White pepper powder& salt as per your taste, Fresh basil leaves - 10~12, Chopped Coriander leaves - 2 tbsp, Chopped spring onion - 2 tbsp, Sugar as per your taste, Oil - 2 tbsp
	Instructions In microwave safe glass bowl add chicken, onion, oil, 1 cup of water and cook. When beep add all other ingredients and press start. Serve hot, garnish with coriander leaves and spring onion.	

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The following table presents how to use the auto programme for rising yeast dough or preparing curd.

d. Dough Proof

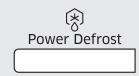
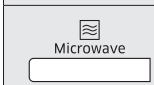
Code/Food	Serving Size	Instructions
d-1 Pizza Dough	300-500 g	Put dough in suitable sized bowl and set on the low rack. Cover with cling film.
d-2 Cake Dough	500-800 g	Put dough in suitable sized bowl and set on the low rack. Cover with cling film.
d-3 Bread Dough	600-900 g	Put dough in suitable sized bowl and set on the low rack. Cover with cling film.

MULTISTAGE COOKING

Your microwave oven can be programmed to cook food in up to three stages (the Convection, Microwave+Convection and Fast Preheat mode can not be used in Multistage cooking). Example: You wish to defrost food and cook it without having to reset the oven after each stage. You can thus defrost and cook a 1500 g chicken in three stages:

- Defrosting
- Microwave cooking for 30 minutes
- Grill for 15 minutes

Defrosting must be the first stage. Combination and Grill can only be used once during the remaining two stages. However microwave can be used twice (at two different power levels).

	**1.** Press the **Power Defrost** button.
	2. Select the type of food that you are cooking by pressing the **Power Defrost** button.
	3. Set the weight by turning the **Dial knob** the appropriate number of times. (1500 g in the example)
	4. Press the **Microwave** button.
	**5.** Set the microwave power level by pressing the **Microwave** button to select the appropriate **Power Level** (450 W in the example).

(continued)

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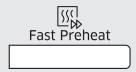
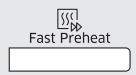
	6. Set the cooking time by turning the **Dial knob**. (30 minutes in the example).
	7. Press the **Grill** button.
	8. Set the cooking time by turning the **Dial knob**. (15 minutes in the example).
	9. Press the **START/+30s** button. **Result:** Cooking starts: • When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

FAST PREHEATING THE OVEN

For convection cooking, it is recommended that you preheat the oven to the appropriate temperature before placing the food in the oven. When the oven reaches the requested temperature, it is maintained for approximately 10 minutes; it is then switched off automatically.
Check that the heating element is in the correct position for type of cooking that you require.

	**1.** Press the **Fast Preheat** button. **Result:** The following indications are displayed: 200 °C (temperature)
	**2.** Press the **Fast Preheat** button one or more times to set the temperature. (Temperature : 200, 180, 160, 140, 100, 40 °C)
	3. Press the **START/+30s** button. **Result:** The oven is preheated to the requested temperature. • The display times are 8 seconds for the selected cooking mode and 2 seconds for the preset temperature in sequence. Ex) In fast preheat mode at 200 °C. (displayed for 8 seconds) (displayed for 2 seconds) • Upon arrival at the preset temperature, the oven beeps 6 times and the temperature is kept for 10 minutes. • After 10 minutes, the beeps 4 times and the operation stops.

In case the inner temperature has reached the preset temperature, the beeps 6 times when temperature and the preset temperature is kept for 10 minutes.

If you would like to know the current temperature of oven cavity, press the **Fast Preheat** button.

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COOKING BY CONVECTION

The convection mode enables you to cook food in the same way as in a traditional oven. The microwave mode is not used. You can set the temperature, as required, in a range varying from 40 °C to 200 °C in six preset levels. The maximum cooking time is 60 minutes.

If you wish to Fast Preheating the oven, see page 60.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and browning, if you use the low rack.

Check that the heating element is in the horizontal position and that the turntable is in position. Open the door and place the recipient on the low rack and set on turntable.

	1. Press the **Convection** button. **Result:** The following indications are displayed: (convection mode) 200 °C (temperature)
	2. Press the **Convection** button once or more times to set the temperature. (Temperature : 200, 180, 160, 140, 100, 40 °C)
	3. Set the cooking time by turning the **Dial knob**.
	4. Press the **START/+30s** button. **Result:** Cooking starts: • The display times are 8 seconds for the preset cooking time and 2 seconds for the preset temperature in sequence. Ex) 30 minutes of cooking time at 200 °C. (displayed for 8 seconds) (displayed for 2 seconds) • When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

If you would like to know the current temperature of oven cavity, press the **Fast Preheat** button.

Be careful, Grill heater may work intermittently while the convection mode is operating.

GRILLING

The grill enables you to heat and brown food quickly, without using microwaves.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and grilling results, if you use the high rack.

	1. Open the door and place the food on the rack.
	2. Press the **Grill** button. **Result:** The following indications are displayed: (grill mode) • You cannot set the temperature of the grill.
	3. Set the grilling time by turning the **Dial knob**. • The maximum grilling time is 60 minutes.
	4. Press the **START/+30s** button. **Result:** Grilling starts. • When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

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COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

Open the door. Place the food on the rack best suited to the type of food to be cooked. Place the rack on the turntable. Close the door.

	1. Press the **MW+Grill** button. **Result:** The following indications are displayed: (microwave & grill combi mode) 600 W (output power)
	2. Select the appropriate power level by pressing the **MW+Grill** button until the corresponding output power is displayed (300-600 W). • You cannot set the temperature of the grill.
	3. Set the cooking time by turning the **Dial knob**. • The maximum cooking time is 60 minutes.
	4. Press the **START/+30s** button. **Result:** • Combination cooking starts. • When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

COMBINING MICROWAVES AND THE CONVECTION

Combination cooking uses both microwave energy and convection heating.
No preheating is required as the microwave energy is immediately available.
Many foods can be cooked in combination mode, particularly:

- Roast meats and poultry
- Pies and cakes
- Egg and cheese dishes

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.
You can get better cooking and browning, if you use the low rack.

Open the door. Place the food on the turntable or on the low rack which should then be place on the turntable. Close the door.

	1. Press the **MW+Conv.** button. **Result:** The following indications are displayed: (microwave & convection combi mode) 200 °C (temperature : switches to the following temperature mode in 2 seconds)
	2. Select the temperature by pressing the **MW+Conv.** button. (Temperature : 200, 180, 160, 140, 100, 40 °C)
	3. Set the cooking time by turning the **Dial knob**. • The maximum cooking time is 60 minutes.
	4. Set the appropriate power level by pressing the **MW+Conv.** button until the corresponding output power is displayed (600, 450, 300, 180, 100 W). • The maximum cooking time is 60 minutes.

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5. Press the **START/+30s** button.

Result:

- Combination cooking starts.
- The oven is heated to the required temperature and then microwave cooking continues until the cooking time is over.
- The display times are 8 seconds for the preset cooking time and 2 seconds for the preset temperature in sequence.
  Ex) 30 minutes of cooking time at 200 °C

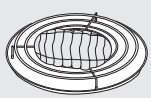
(displayed for 8 econds)

(displayed for 2 seconds)

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

If you would like to know the current temperature of oven cavity, press the **Fast Preheat** button.

CHOOSING THE ACCESSORIES



Traditional convection cooking does require cookware. You should, however, use only cookware that you would use in your normal oven.

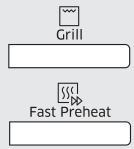
Microwave-safe containers are not usually suitable for convection cooking; don’t use plastic containers, dishes, paper cups, towels, etc.

If you wish to select a combined cooking mode (microwave and grill or convection), use only recipients that are microwave-safe and oven-proof.

For further details on suitable cookware and utensils, refer to the Cookware Guide on page 64.

SWITCHING THE BEEPER OFF

You can switch the beeper off whenever you want.

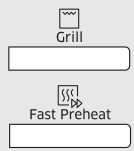


1. Press the **Grill** button and **Fast Preheat** buttons at the same time for 1 second.

Result:

- The following indication is displayed.

- The oven does not beep each time you press a button.



2. To switch the beeper back on, press the **Grill** button and **Fast Preheat** buttons again at the same time for 1 seconds.

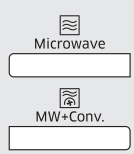
Result:

- The following indication is displayed.

- The oven operates with the beeper on again.

SAFETY-LOCKING YOUR MICROWAVE OVEN

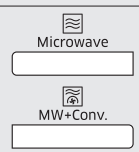
Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be “locked” so that children or anyone unfamiliar with it cannot operate it accidentally.



1. Press the **Microwave** button and **MW+Conv.** buttons at the same time for 3 seconds.

Result:

- The oven is locked (no functions can be selected).
- The display shows “L”.



2. To unlock the oven, press the **Microwave** button and **MW+Conv.** buttons again at the same time for 3 seconds.

Result: The oven can be used normally.

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cookware guide

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used.
Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-safe	Comments
Aluminum foil	✓✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ **: Recommended** ✓✗ **: Use caution** ✗ **: Unsafe**

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MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times
After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Serving Size	Power	Time (min.)
Spinach	150 g	600 W	5-6
	Instructions Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		
Broccoli	300 g	600 W	8-9
	Instructions Add 30 ml (2 tbsp) cold water. Stand for 2-3 minutes.		
Peas	300 g	600 W	7-8
	Instructions Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		
Green Beans	300 g	600 W	7½-8½
	Instructions Add 30 ml (2 tbsp) cold water. Stand for 2-3 minutes.		
Mixed Vegetables (Carrots/Peas/ Corn)	300 g	600 W	7-8
	Instructions Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		
Mixed Vegetables (Chinese Style)	300 g	600 W	7½-8½
	Instructions Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		

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Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp) for every 250 g unless another water quantity is recommended – see table. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint: Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

Food	Serving Size	Power	Time (min.)
Broccoli	250 g 500 g	900 W	4½-5 7-8
	Instructions Prepare even sized florets. Arrange the stems to the centre. Stand for 3 minutes.		
Brussels Sprouts	250 g	900 W	6-6½
	Instructions Add 60-75 ml (5-6 tbsp) water. Stand for 3 minutes.		
Carrots	250 g	900 W	4½-5
	Instructions Cut carrots into even sized slices. Stand for 3 minutes.		
Cauliflower	250 g 500 g	900 W	5-5½ 7½-8½
	Instructions Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre. Stand for 3 minutes.		
Courgettes	250 g	900 W	4-4½
	Instructions Cut courgettes into slices. Add 30 ml (2 tbsp) water or a knob of butter. Cook until just tender. Stand for 3 minutes.		
Egg Plants	250 g	900 W	3½-4
	Instructions Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice. Stand for 3 minutes.		
Leeks	250 g	900 W	4-4½
	Instructions Cut leeks into thick slices. Stand for 3 minutes.		
Mushrooms	125 g 250 g	900 W	1½-2 2½-3
	Instructions Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving. Stand for 3 minutes.		
Onions	250 g	900 W	5-5½
	Instructions Cut onions into slices or halves. Add only 15 ml (1 tbsp) water. Stand for 3 minutes.		
Pepper	250 g	900 W	4½-5
	Instructions Cut pepper into small slices. Stand for 3 minutes.		
Potatoes	250 g 500 g	900 W	4-5 7-8
	Instructions Weigh the peeled potatoes and cut them into similar sized halves or quarters. Stand for 3 minutes.		
Turnip Cabbage	250 g	900 W	5½-6
	Instructions Cut turnip cabbage into small cubes. Stand for 3 minutes.		

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Cooking Guide for rice and pasta

Rice: Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered.
After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta: Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Serving Size	Power	Time (min.)
White Rice (Parboiled)	250 g	900 W	15-16
	Instructions Add 500 ml cold water. Stand for 5 minutes.		
	375 g	900 W	17½-18½
	Instructions Add 750 ml cold water. Stand for 5 minutes.		
Brown Rice (Parboiled)	250 g	900 W	20-21
	Instructions Add 500 ml cold water. Stand for 5 minutes.		
	375 g	900 W	22-23
	Instructions Add 750 ml cold water. Stand for 5 minutes.		
Mixed Rice (Rice + Wild Rice)	250 g	900 W	16-17
	Instructions Add 500 ml cold water. Stand for 5 minutes.		
Mixed Corn (Rice + Grain)	250 g	900 W	17-18
	Instructions Add 400 ml cold water. Stand for 5 minutes.		
Pasta	250 g	900 W	10-11
	Instructions Add 1000 ml hot water. Stand for 5 minutes.		

REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.
Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering

Avoid reheating large items such as joint of meat - they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 900 W power while others should be reheated using 600 W, 450 W or even 300 W.
Check the tables for guidance.
In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).
Stir well or turn food over during reheating for best results. When possible, stir again before serving.
Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food. It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken - for future reference.
Always make sure that the reheated food is piping hot throughout.
Allow food to stand for a short time after reheating - to let the temperature even out.
The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.
Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

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REHEATING BABY FOOD

BABY FOOD:

Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.

BABY MILK:

Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.

REMARK:

Baby food particularly needs to be checked carefully before serving to prevent burns. Use the power levels and times in the next table as a guide lines for reheating.

Reheating Liquids and Food

Use the power levels and times in this table as a guide lines for reheating.

Food	Serving Size	Power	Time (min.)
Drinks (Coffee, Tea and Water)	150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	900 W	1-1½ 2-2½ 3-3½ 3½-4
	Instructions Pour into cups and reheat uncovered: 1 cup in the centre, 2 cups opposite of each other, 3 cups in a circle. Keep in microwave oven during standing time and stir well. Stand for 1-2 minutes.		
Soup (Chilled)	250 g 350 g 450 g 550 g	900 W	2½-3 3-3½ 3½-4 4½-5
	Instructions Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving. Stand for 2-3 minutes.		
Stew (Chilled)	350 g	600 W	4½-5½
	Instructions Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Stand for 2-3 minutes.		
Pasta with Sauce (Chilled)	350 g	600 W	3½-4½
	Instructions Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving. Stand for 3 minutes.		
Filled Pasta with Sauce (Chilled)	350 g	600 W	4-5
	Instructions Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Stand for 3 minutes.		
Plated Meal (Chilled)	350 g 450 g 550 g	600 W	4½-5½ 5½-6½ 6½-7½
	Instructions Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film. Stand for 3 minutes.		
Cheese Fondue Ready-to-Serve (Chilled)	400 g	600 W	6-7
	Instructions Put the ready-to-serve cheese fondue in a suitable sized glass pyrex bowl with lid. Stir occasionally during and after reheating. Stir well before serving. Stand for 1-2 minutes.		

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Reheating baby food and milk

Use the power levels and times in this table as guide lines for reheating.

Food	Serving Size	Power	Time
Baby Food (Vegetables + Meat)	190 g	600 W	30 sec.
	Instructions Empty into ceramic deep plate. Cook covered. Stir after cooking time. Before serving, stir well and check the temperature carefully. Stand for 2-3 minutes.		
Baby Porridge (Grain + Milk + Fruit)	190 g	600 W	20 sec.
	Instructions Empty into ceramic deep plate. Cook covered. Stir after cooking time. Before serving, stir well and check the temperature carefully. Stand for 2-3 minutes.		
Baby Milk	100 ml 200 ml	300 W	30-40 sec. 1 min. to 1 min. 10 sec.
	Instructions Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turntable. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully. Stand for 2-3 minutes.		

DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible. Check the food occasionally to make sure that it does not feel warm.
If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint: Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

Food	Serving Size	Power	Time (min.)
Meat			
Minced Meat	250 g 500 g	180 W	6-7 8-13
Pork Steaks	250 g	180 W	7-8
	Instructions Place the meat on turntable. Shield thinner edges with aluminium foil. Turn over after half of defrosting time! Stand for 15-30 minutes.		

(continued)

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Food	Serving Size	Power	Time (min.)
Poultry			
Chicken Pieces	500 g (2 pcs)	180 W	14-15
Whole Chicken	1200 g	180 W	32-34
	Instructions First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time! Stand for 15-60 minutes.		
Fish			
Fish Fillets	200 g	180 W	6-7
Whole Fish	400 g	180 W	11-13
	Instructions Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends of fillets and tail of whole fish with aluminium foil. Turn over after half of defrosting time! Stand for 10-25 minutes.		
Fruits			
Berries	300 g	180 W	6-7
	Instructions Spread fruit on a flat, round glass dish (with a large diameter). Stand for 5-10 minutes.		
Bread			
Bread Rolls (Each ca. 50 g)	2 pcs 4 pcs	180 W	1-1½ 2½-3
Toast/Sandwich	250 g	180 W	4-4½
German Bread (Wheat + Rye Flour)	500 g	180 W	7-9
	Instructions Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time! Stand for 5-20 minutes.		

GRILL

The grill-heating element is located underneath the ceiling of the cavity. It operates while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 3-5 minutes will make the food brown more quickly.

Cookware for grilling:
Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:
Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:
Whenever the grill only mode is used, please remember that food must be placed on the high rack, unless another instruction is recommended.

MICROWAVE + GRILL

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly. Three combination modes are available with this model:
600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill
Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwave + grill cooking:
Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:
Whenever the combination mode (microwave + grill) is used, the food should be placed on the high rack, unless another instruction is recommended. Please refer to the instructions in the following chart.
The food must be turned over, if it is to be browned on both sides.

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Grill Guide for fresh food

Preheat the grill with the grill-function for 2-3 minutes.
Use the power levels and times in this table as guide lines for grilling.
Use oven gloves when taking out.

Fresh Food	Serving Size	Power	1 step (min.)	2 step (min.)
Toast Slices	4 pcs (each 25 g)	Grill only	3-4	2-3
	Instructions Put toast slices side by side on the high rack.			
Grilled Tomatoes	400 g (2 pcs)	300 W + Grill	6-8	-
	Instructions Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the high rack. Stand for 2-3 minutes.			
Tomato-Cheese Toast	4 pcs (300 g)	300 W + Grill	5-7	-
	Instructions Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.			
Toast Hawaii (Ham, Pineapple, Cheese Slices)	4 pcs (500 g)	300 W + Grill	6-8	-
	Instructions Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.			
Baked Potatoes	500 g	600 W + Grill	10-12	-
	Instructions Cut potatoes into halves. Put them in a circle on the high rack with the cut side to the grill.			
Gratin Potatoes/ Vegetables (Chilled)	450 g	450 W + Grill	10-12	-
	Instructions Put the fresh gratin into a small glass pyrex dish. Put the dish on the high rack. After cooking stand for 2-3 minutes.			
Baked Apples	2 apples (ca. 400 g)	300 W + Grill	7-8	-
	Instructions Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the low rack.			
Chicken Pieces	500 g (2 pcs)	300 W + Grilll	9-11	8-10
	Instructions Brush chicken pieces with oil and spices. Put them in a circle on the high rack. After grilling stand for 2-3 minutes.			
Roast Chicken	1200 g	450 W + Grill	21-23	20-22
	Instructions Brush the chicken oil and spices. Put breast-side-down, in the middle of the low rack. After grilling stand for 5 minutes.			
Roast Fish	400-500 g	300 W + Grilll	6-8	6-7
	Instructions Brush skin of whole fish with oil and add herbs and spices. Put two fishes side by side (head to tail) on the high rack. After grilling stand for 2-3 minutes.			

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CONVECTION

Cooking with convection is the traditional and well known method of cooking food in a traditional oven with hot air.
The heating element and the fan position is at the back-wall, so that the hot air is circulating. This mode is supported by the top heating element.

Cookware for convection cooking:
All conventional ovenproof cookware, baking tins and sheets – anything you would normally use in a traditional convection oven – can be used.

Food suitable for convection cooking:
All biscuits, individual scones, rolls and cakes should be made by this mode as well as rich fruit cakes, choux pastry and soufflés.

MICROWAVE + CONVECTION

This mode combines the microwave energy with the hot air and is therefore reducing the cooking time while giving the food a brown and crispy surface.
Cooking with convection is the traditional and well known method of cooking food in an oven with hot air circulated by a fan on the back-wall.

Cookware for cooking with microwaves + convection:
Should be able to let the microwaves pass through. Should be ovenproof (like glass, pottery or china without metal trims); similar to the cookware described under MW + Grill.

Food suitable for Microwave + Convection cooking:
All kinds of meats and poultry as well as casseroles and gratin dishes, sponge cakes and light fruit cakes, pies and crumbles, roast vegetables, scones and breads.

Convection Guide for fresh and frozen food

Preheat the convection with the auto pre-heat function to the desired temperature. Use the power levels and times in this table as guide lines for convection cooking. Use oven gloves when taking out.

Fresh Food	Serving Size	Power	1 step (min.)	2 step (min.)
Pizza Frozen Pizza (Ready Baked)	300-400 g	1 step 300 W + 200 °C 2 step Conv. 180 °C	7-9	5-6
	Instructions Place the pizza on the low rack. After baking stand for 2-3 minutes.			
Pasta Frozen Lasagne	400 g	1 step 450 W + 200 °C 2 step Conv. 200 °C	16-18	3-4
	Instructions Put into a suitable sized glass pyrex dish or leave in the original packaging (take care that this is suitable for microwaves and oven heat). Put frozen pasta gratin on the low rack. After cooking stand for 2-3 minutes.			
Meat Roast Lamb (Medium)	1200-1300 g	600 W + 180 °C	20-23	10-13
	Instructions Brush lamb with oil and spice it with pepper, salt and paprika. Put it on the low rack, first with the fat side down. After cooking wrap in aluminium foil and stand for 10-15 minutes.			
Roast Chicken	1000-1200 g	1 step 450 W + 200 °C 2 step 450 W + Grill	20-22	21-23
	Instructions Brush chicken with oil and spices. Put chicken first breast side down, second side breast side up on the low rack. Stand for 5 minutes.			

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Fresh Food	Serving Size	Power	1 step (min.)	2 step (min.)
Bread				
Fresh Bread Rolls	6 pcs (350 g)	100 W + 180 °C	8-10	-
	Instructions Put bread rolls in a circle on the low rack. Stand 2-3 minutes.			
Garlic Bread (Chilled, Prebaked)	200 g (1 pc)	180 W + 200 °C	8-10	-
	Instructions Put the chilled baguette on baking paper on the low rack. After baking stand for 2-3 minutes.			
Cake				
Marble Cake (Fresh Dough)	500 g	Only 180 °C	38-43	-
	Instructions Put the fresh dough in a small rectangular black metal baking dish (length 25 cm). Put the cake on the low rack. After baking stand for 5-10 minutes.			
Small Cakes (Fresh Dough)	12 x 28 g	Only 160 °C	28-33	-
	Instructions Fill the fresh dough evenly in paper cups and set on crusty plate on the low rack. After baking stand for 5 minutes.			
Cookies (Fresh Dough)	200-250 g	Only 200 °C	15-20	-
	Instructions Put the chilled croissants on baking paper on the low rack.			
Frozen Cake	1000 g	180 W + 180 °C	18-20	-
	Instructions Put the frozen cake directly on the low rack. After defrost and warming stand for 15-20 minutes.			

TIPS AND TRICKS

MELTING BUTTER
Put 50 g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 900 W, until butter is melted.

MELTING CHOCOLATE
Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY
Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W, until honey is melted.

MELTING GELATINE
Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W. Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)
Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water. Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 900 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid.
Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 900 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids.
Stand on lid for 5 minutes.

COOKING PUDDING
Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 900 W.
Stir several times well during cooking.

BROWNING ALMOND SLICES
Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 600 W.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

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TROUBLESHOOTING

If you have any of the problems listed below try the solutions given.

Problem	Cause	Action
General		
The buttons cannot be pressed properly.	Foreign matter may be caught between the buttons.	Remove the foreign matter and try again.
	For touch models: Moisture is on the exterior.	Wipe the moisture from the exterior.
	Child lock is activated.	Deactivate Child lock.
The time is not displayed.	Power is not supplied.	Make sure power is supplied.
	The Eco (power-saving) function is set.	Turn off the Eco function.
The oven does not work.	Power is not supplied.	Make sure power is supplied.
	The door is open.	Close the door and try again.
	The door open safety mechanisms are covered in foreign matter.	Remove the foreign matter and try again.
The oven stops while in operation.	The user has opened the door to turn food over.	After turning over the food, press the Start button again to start operation.
The power turns off during operation.	The oven has been cooking for an extended period of time.	After cooking for an extended period of time, let the oven cool.
	The cooling fan is not working.	Listen for the sound of the cooling fan.
	Trying to operate the oven without food inside.	Put food in the oven.
	There is not sufficient ventilation space for the oven.	There are intake/exhaust outlets on the front and rear of the oven for ventilation. Keep the gaps specified in the product installation guide.
	Several power plugs are being used in the same socket.	Designate only one socket to be used for the oven.
There is no power to the oven.	Power is not supplied.	Make sure power is supplied.
There is a popping sound during operation, and the oven doesn't work.	Cooking sealed food or using a container with a lid may causes popping sounds.	Do not use sealed containers as they may burst during cooking due to expansion of the contents.
The oven exterior is too hot during operation.	There is not sufficient ventilation space for the oven. There are intake/exhaust outlets on the front and rear of the oven for ventilation.	Keep the gaps specified in the product installation guide.
	Objects are on top of the oven.	Remove all objects on the top of the oven.
The door cannot be opened properly.	Food residue is stuck between the door and oven interior.	Clean the oven and then open the door.

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Problem	Cause	Action
The oven does not heat.	The oven may not work, too much food is being cooked, or improper cookware is being used.	Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.
Heating is weak or slow.	The oven may not work, too much food is being cooked, or improper cookware is being used.	Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.
The warm function does not work.	The oven may not work, too much food is being cooked, or improper cookware is being used.	Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.
The thaw function does not work.	The oven may not work, too much food is being cooked, or improper cookware is being used.	Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.

Problem	Cause	Action
The interior light is dim or does not turn on.	The door has been left open for a long time.	The interior light may automatically turn off when the Eco function operates. Close and reopen the door or press the Cancel button.
	The interior light is covered by foreign matter.	Clean the inside of the oven and check again.
A beeping sound occurs during cooking.	If the Auto Cook function is being used, this beeping sound means it's time to turn over the food during thawing.	After turning over the food, press the Start button again to restart operation.
The oven is not level.	The oven is installed on an uneven surface.	Make sure the oven is installed on flat, stable surface.
There are sparks during cooking.	Metal containers are used during the oven/thawing functions.	Do not use metal containers.
When power is connected, the oven immediately starts to work.	The door is not properly closed.	Close the door and check again.
There is electricity coming from the oven.	The power or power socket is not properly grounded.	Make sure the power and power socket are properly grounded.
There is water dripping.	There may be water or steam in some cases depending on the food. This is not an oven malfunction.	Let the oven cool and then wipe with a dry dish towel.
There is steam through a crack in the door.	There may be water or steam in some cases depending on the food. This is not an oven malfunction.	Let the oven cool and then wipe with a dry dish towel.

(continued)

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Problem	Cause	Action
There is water left in the oven.	There may be water or steam in some cases depending on the food. This is not an oven malfunction.	Let the oven cool and then wipe with a dry dish towel.
The brightness inside the oven varies.	Brightness changes depending on power output changes according to function.	Power output changes during cooking are not malfunctions. This is not an oven malfunction.
Cooking is finished, but the cooling fan is still running.	To ventilate the oven, the cooling fan continues to run for about 3 minutes after cooking is complete.	This is not an oven malfunction.
Pressing the +30sec button operates the oven.	This happens when the oven was not operating.	The microwave oven is designed to operate by pressing the +30sec button when it was not operating.
Turntable		
While turning, the turntable comes out of place or stops turning.	There is no roller ring, or the roller ring is not properly in place.	Install the roller ring and then try again.
The turn table drags while turning.	The roller ring is not properly in place, there is too much food, or the container is too large and touches the inside of the microwave.	Adjust the amount of food and do not use containers that are too large.
The turn table rattles while turning and is noisy.	Food residue is stuck to the bottom of the oven.	Remove any food residue stuck to the bottom of the oven.

Problem	Cause	Action
Grill		
Smoke comes out during operation.	During initial operation, smoke may come from the heating elements when you first use the oven.	This is not a malfunction, and if you run the oven 2-3 times, it should stop.
	Food is on the heating elements.	Let the oven cool and then remove the food from the heating elements.
	Food is too close to the grill.	Put the food a suitable distance away while cooking.
	Food is not properly prepared and/or arranged.	Make sure food is properly prepared and arranged.
Oven		
The oven does not heat.	The door is open.	Close the door and try again.
Smoke comes out during preheating.	During initial operation, smoke may come from the heating elements when you first use the oven.	This is not a malfunction, and if you run the oven 2-3 times, it should stop.
	Food is on the heating elements.	Let the oven cool and then remove the food from the heating elements.
There is a burning or plastic smell when using the oven.	Plastic or non heat-resistant cookware is used.	Use glass cookware suitable for high temperatures.
There is a bad smell coming from inside the oven.	Food residue or plastic has melted and stuck to the interior.	Use the steam function and then wipe with a dry cloth. You can put a lemon slice inside and run the oven to remove the odour more quickly.

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Problem	Cause	Action
The oven does not cook properly.	The oven door is frequently opened during cooking.	Do not frequently open the door unless you are cooking things that need to be turned. If you open the door often, the interior temperature will be lowered and this may affect the results of your cooking.
	The oven controls are not correctly set.	Correctly set the oven controls and try again.
	The grill or other accessories are not correctly inserted.	Correctly insert the accessories.
	The wrong type or size of cookware is used.	Reset the oven controls or use suitable cookware with flat bottoms.

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.
Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

INFORMATION CODES

If the oven fails to operate, you may see an information code on the display. Check the table below and try the suggestions.

Code	Cause	Action
C-10	Cooking sensor is needed to check.	Press the **STOP/ECO** button and operate again. If it occurs again, turn off the microwave oven over 30 seconds and try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.
C-20	Temperature sensor is needed to check.	
C-21	Temperature sensor detect higher temperature than setting temperature.	Turn off the microwave oven for cooling the product and then try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.
C-d0	Control buttons are pressed over 10 seconds.	Clean the keys and check if there is water on the surface around key. If it occurs again, turn off the microwave oven over 30 seconds and try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.

For any codes not listed above, or if the suggested solution does not solve the problem, contact your local SAMSUNG Customer Care Centre.

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technical specifications

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Model	MC32F605TCT
Power source	230 V ~ 50 Hz AC
Power consumption Maximum power Microwave Grill (heating element) Convection (heating element)	 2900 W 1400 W 1500 W Max. 2100 W
Output power	100 W / 900 W - 6 levels (IEC-705)
Operating frequency	2450 MHz
Dimensions (W x H x D) Outside Oven cavity	 523 x 309 x 506 mm 373 x 233 x 370 mm
Volume	32 liter
Weight Net	 20.0 kg approx.

MEMO

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MEMO

MEMO

QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
AUSTRALIA	1300 362 603	www.samsung.com/au/support
NEW ZEALAND	0800 726 786	www.samsung.com/nz/support
CHINA	400-810-5858	www.samsung.com/cn/support
HONG KONG	(852) 3698 4698	www.samsung.com/hk/support (Chinese) www.samsung.com/hk_en/support (English)
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